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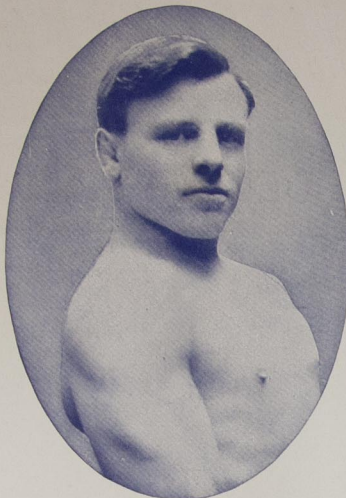
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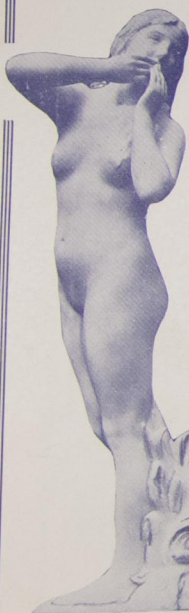
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Health and Life

The National Monthly Magazine for Health, Physical Education and Right Living
DECEMBER, 1922

Volume 1. Number 6

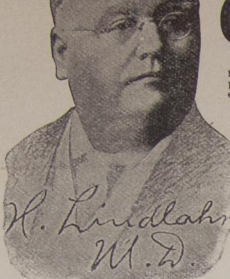
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HEALTH AND LIFE PUBLICATIONS
333 S. Dearborn St., Chicago, Ill.
London Agents:
W. T. Edgar & Co., Ltd., 51-52 Chancery Lane, London, W. C. 2.
20c a copy \$2.00 a year
In England 9d a copy, 7/6 a year
Circulation Director: R. H. Bachman
Advertising Agents:
Stevens & Baumann, Marbridge Bldg., New York
1st National Bank Bldg., Chicago
Entered as second class matter August 28, 1922, at the Post Office at Chicago, Illinois, under the Act of March 3, 1879.
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Health and Life

Pull Your Disease Out by the Roots-



Some twenty years ago I first learned from my own experience, that disease can literally be "pulled out by the roots." I was then almost a physical and nervous wreck, suffering from what doctors told me, and what I myself firmly believe, was an incurable case of diabetes and other serious complications. And was doing the usual thing—suppressing every symptom by the orthodox method of dosing myself with such medicines and drugs as the medical profession declared could afford me only a small measure of temporary relief.

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It was at this juncture that a book on Nature Cure fell into my hands. It appealed to me as the true philosophy of life, health, and disease. I put its teachings to the test. The test did not fail me. Through the husbanding of what vital force I had remaining, through building up my impoverished blood on a natural basis and promoting the elimination of waste matter and poisons from the system—in short by giving Nature's own healing forces the ascendancy over the disease conditions, a healing crisis was brought about and the disease itself, was banished as completely as if it had never existed. To-day I am hale and hearty, vigorous, full of life and vitality. And I am positive in my knowledge that Nature Cure will do for other disease-ridden sufferers all that it did for me. I have proved conclusively that in the course of any disease, a healing crisis can be brought about by Nature Cure Treatment. And when through the bringing on of the healing crisis, the disease has run its course and normal health has been restored, the system, having undergone its purgative, is stronger and more vigorous than before the disease attack. This has been demonstrated in thousands of the worst chronic cases which I have helped to restore to normal health. (Signed) HENRY LINDLAHR, M.D.

Nature Cure an Exact Science

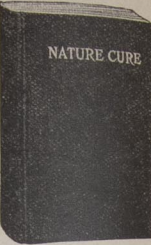
Since turning to Nature Cure for relief from his own sufferings, Dr. Lindlahr has elaborated upon the earlier Nature Cure teachings and has reduced them to an exact science, marvelous in its simplicity, so easy is it to grasp and put into practice. He has recently been put into book form a full and complete explanation of Nature Cure philosophy, together with simple directions which make it easy for you to

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SPECIAL NOTICE

[I have been compelled to hold over some most interesting articles and items owing to lack of space. These, however, will appear next month together with some new features. I have so many good things to give you that my greatest difficulty is in finding room to give them all to you. So make sure of getting next month's HEALTH AND LIFE by ordering it in advance.—Editor.]

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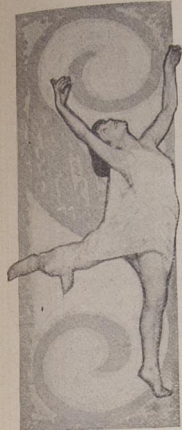
Health and Life

BERNARD BERNARD,
Editor-in-Chief

December, 1922

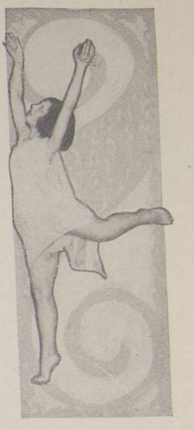
Number 6

Volume 1



Isadora Duncan's Dancing Secrets

By Rosemary Preece



[When you read this article you ought to be able to see between the lines all the secrets which make Isadora Duncan one of the world's greatest dancers. She realizes the oneness of all art, and so merely allows her body to express itself in harmony with the music of the orchestra. Her object is to let us know all that the music means, to make life and beauty clearer and more real to us. Thus every portion of Isadora Duncan's body works as a piece of music, and those with any appreciation of the beautiful become lost in the depths of artistic thought. That is why her soul goes out to meet yours as you watch her, and why you cannot express in words all that her dancing means to you. There is a language of art all its own, and it cannot be learned or taught. If you can enjoy Isadora's art, you cannot talk about it; you can only feel it; for, as she herself says, she makes no claim as a dancer nor as possessing dancing technique. She just listens and lets her body express all that the music means to her soul.—Editor.]

PEOPLE who were able to take advantage of Isadora Duncan's visit to this country were exceedingly fortunate. I saw the thoughts of the artist who made such wonderful sounds to be the expression of his wonderful soul. And, greatest of all, Isadora—an artist and lover of the beautiful and free, with a name as rhythmic and "soundful" as she is herself—spoke to us. She said that she never learned to dance; she simply listened and then expressed in movement what the music meant to her. As a small child she would dance to the music she heard—dance, not in jazzy fox trot or stilted waltz—but in motions which were the true expression of her emotions and desires and feelings. Above all, there was freedom—freedom in thought, freedom in expression, freedom in motion. And the artist soul of her drank in the beauties of the sounds which she heard and gave new birth to them through the movements of her beautiful body. As I saw, and listened, alone in that crowded auditorium—alone with my own surging, chaotic, unexpressed thought—Wordsworth's word picture of Lucy forced itself upon me, and I could not help but see that it applied to Isadora, and to all the Isadoras who exist unknown and unnoticed. "The stars of midnight shall be dear to her, And she shall lean her ear, (Continued on page 214)



ISADORA DUNCAN

Do You Want More Life?

By Harry A. Farnham

There is more than one way to skin a cat. Also, there is more than one way in which to pursue physical culture. There is the slam-bang system, which burns up a lot of food and life in a short period of time. There is the Dempsey method, which leads to big money. There is the calisthenic route, which keeps you plodding healthily and happily along through life without accomplishing much, and the world never knows you were here. Then there is Enthusiasm—mental, moral, spiritual, physical and scientific. It is Enthusiasm that I would mention.

We all have at times reached the place where there did not seem to be a new or novel or interesting thing left in existence; nothing but monotony, gray days, in sight. We have no appetite, no thirst, no courage, no spirit, no force, no magnetism. We pull ourselves upstairs by the banisters. We haven't enough zest even to go to sleep and get a good night's rest. Life looks like a great gray, melancholy waste, a dead desert, interminable torture.

What a change is wrought by a little hope, the prospect of happiness or success! It starts in the brain. We see signs, perhaps, of winning the love of someone whose love would make us happy; or everything takes a turn for the better and our financial success seems assured; or some hobby or aim of ours which we have labored long with bids fair to work out to a successful issue which may bring fame, fortune or some other much-desired blessing within our reach. The entire face of nature takes on a brighter hue. The prospect brings a great gladness to heart and mind and body. Yes, even to the body. Our eyes sparkle. Our faces glow. Our blood circulates briskly. We are thirsty for water and hungry for food. Our courage and spirit are keen and vigorous. We are as alive with force as a wire along which electricity courses. The sum of all these is magnetism. We scintillate in mind, body and spirit. We bound upstairs two or three at a time. All this healthy activity and joyousness exercises the entire being and at the end of a long, busy, interesting and happy day we sleep like a baby. This is the life!

It starts in the brain, we said. But what is the cause of its creation? The richness and activity of the blood. You have to raise the gate to let the water flow into the turbine, and get up speed before the machinery can be set in motion. But we can't go out and play a game of football every morning to get the blood in circulation before a day's work is begun. Nor do we need to. Aerate it. Breathe some fresh air into your lungs.

Let us go back a little and try to get this straight. It is worth while. There may have been a time when all life on this earth existed in water. Indeed, that probably is true. Life changed its habitat from water to dry land by very slow degrees. The process is still going on. At first it was exceedingly difficult to inhale sufficient air to maintain life with apparatus adapted for breathing in water. In the first experiments the poor creatures probably found themselves on dry land by accident and took their first gasps of raw air in their desperate struggles to regain the water. Accident may have led to experiment. Experiment has brought us along to our present stage. We may not be half adapted to breathing raw air on dry land yet. You have only to overexert yourself a trifle to bring the fact forcibly to your attention that there is only a very short step between life and death.

If air means life and lack of air means death, then a larger supply of air means more life. Figure it yourself. How many people do you suppose there are in the world who consciously try to take into their systems and make use of a more liberal supply of fresh air than they naturally inhale?

You cannot practice deep breathing without taking considerable exercise during the process. Fresh air will enrich the blood and the exercise will quicken its action. Stimulation and enrichment of the blood will invigorate the physical being and the brain. From the stimulation of the whole being will arise mental and physical activity, increased results from all your efforts, hope, faith, optimism, Enthusiasm, magnetism, success and happiness. Try it. Work out your own salvation. It is free.

Are Your Children Well Formed?

An Article on "Pigeon Chest"

By Fred French

[It is in childhood that the seeds of good health and fitness or bad health and deformity are sown. With a little care, and knowing what to look for, deformities can be prevented. A child with a deformity passes through life handicapped in every way. Good, healthy breathing and exercise will insure prevention of chest deformities. On this page there are photos of Baby Peggy, the cute little Universal movie star. Her parents know how to look after her, and she herself delights in practicing exercises. Those illustrated here are her own and are particularly valuable ones.—Editor.]

Of all the deformities written upon, those of the chest have received the least recognition, partly because, I believe, there has been comparatively little investigation into the causes, varieties and frequency of chest deformity, especially the stubborn type of rickety chest, the so-called pigeon-chest.

As I have made pigeon-chest my special study for some years, I have been asked to write a short article giving a few facts as to its causes and hints as to its cure. Let me say at once that a few generations of wrong feeding and faulty breathing have culminated in a vast amount of chest deformity. It is seen amongst the children of the rich as well as the poor, though to a greater extent in the latter.

Undoubtedly the principal factor in causing pigeon-chest is a soft, rickety condition of the bones, brought about principally by faulty feeding—insufficiency of lime in the food—and general weakness of the constitution. The water supply of a locality appears also to have an influence

upon the deformity, a water containing a good percentage of lime being more favorable to the formation of hard bones than water containing little.

Most rickety children are subject to bronchitis and the bronchial tubes of the lungs becoming plugged; the walls of the chest, particularly the soft parts (which are at the junction of the ribs with the breastbone and

the chest is barrel-shaped; it will be readily understood how the characteristic pointed chest is formed from the barrel-shape chest of infancy.

So many people wonder and have asked me how the pigeon-chest "came" that I trust those who should read this article will have a good idea of its origin, and more important still, will, if they are the parents of young children, keep a sharp lookout for any signs of prominence or sinking-in on the chest wall and take immediate steps to have it remedied, the first step being to take the child to a specialist for examination and advice.

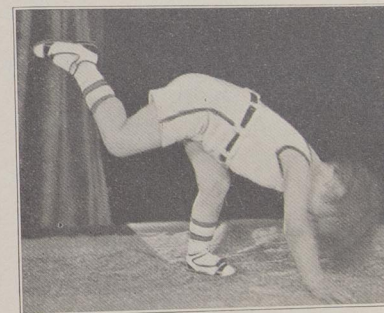
Faulty Breathing May Cause Deformed Chest

Not all the pigeon-chests, however, have even as their partial cause, Bronchitis. Many cases are seen in which the child has not had the latter disease and where this is so, the cause must be looked for in faulty breathing, together with rickety bones; or faulty breathing in itself will cause it, though not to the same degree.

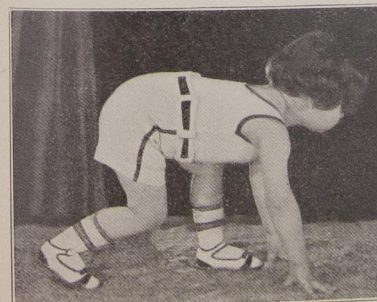
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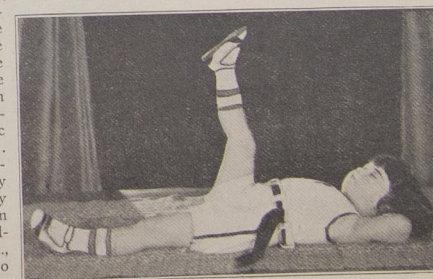
Here's Baby Peggy, the tiny three-year-old movie star, playing "Jack and the Beanstalk." The secret of her cuteness and her wisdom lies in the exercises below which she herself devises and practices.



This is a magnificent exercise for the body and will develop grace and balance.



This is where she is training to beat Charlie Paddock's 100-yard sprint.



Get your children to do this exercise and they will never suffer from any stomach trouble.

also between the breastbone and the sides), are driven in by atmospheric pressure. As the deformity generally appears in early childhood, i. e., from two to three years of age, when



"AL" TRELOAR

as he is today. He is the guide, philosopher and friend of all the "iron men" of the Los Angeles Athletic Club.

IN giving an account of the "Strong Men" produced by the Los Angeles Athletic Club, perhaps a few words describing the Club's facilities will not be out of place.

The gymnasium equipment is very elaborate and complete, and it is this great variety of special apparatus which enables any ordinary man to become a first-class athlete after a short period of instruction from the experts in charge of the physical work. The "Weight Room" is located on the seventh floor of the building. On the specially constructed floor, and in the wall racks are barbells and dumbbells ranging from a few pounds each to immense weights that seem to defy you. There is also a large assortment of plates of various sizes, so that a barbell of any required weight can be constructed. In addition there are many ingenious types of special apparatus for exercising specific muscles.

We have a chart on the wall, whereon are listed all recognized lifts; every athlete who trains regularly with weights has his name on this chart, as well as his present records in the various lifts; in this way competitors are encouraged to make a respectable showing at any or every kind of lift, as well as periodically increasing their poundage on each separate lift. Personally, I always endeavor to perform all records in the strictest possible manner, and insist that others do the same.

Strong Men of the Far West

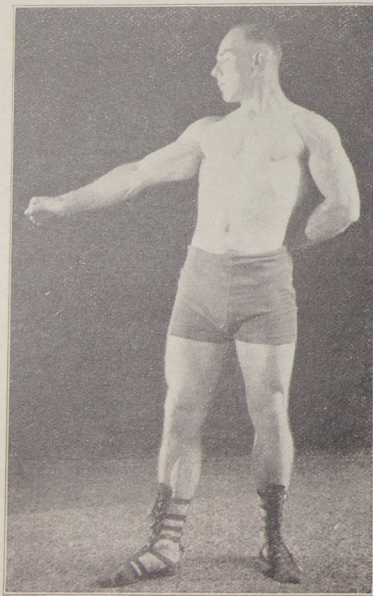
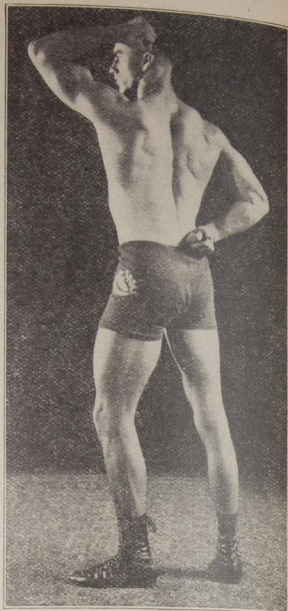
By
David P. Willoughby

Californian Representative of the American Continental Weightlifters' Association.

[Here is the first part of a grand article on the wonderful strong men who have been produced in the far west by the Los Angeles Athletic Club. The story of each champion is an inspiration, and shows what a glorious thing it is to possess powerful muscles.—Editor.]

"Al" Treloar, Our Guide and Philosopher

We are very fortunate in having for our physical instructor Mr. "Al" Treloar, former Orpheum star and a physical authority of national reputation, who has fought for lifting from the start, and succeeded in having this sport reprinted at the exposition held in

ALBERT BEVAN
Champion of Southern CaliforniaDAVID P. WILLOUGHBY
Californian Representative of the American Continental Weightlifters' Association.

San Francisco in 1915. Treloar used to be very good, indeed, at all-around lifting, and today, at an age when most men consider themselves lucky to be "on their feet" at all, he is a splendid refutation of the antiquated theory that weightlifters must invariably "break down" early in life.

Treloar's knowledge covers almost every phase of athletics, so, if practical experience counts for anything his opinion must be recognized when he says of all single sports, weightlifting, practiced intelligently, is the most beneficial. As we now have a great number of enthusiasts training with weights, space forbids giving an account of them all, but I assure you there are many not mentioned here, who are "there" when it comes to ability. Furthermore, if any of the subsequently mentioned lifts do not appear meritorious to you, please remember that I am referring to facts, and not to some grossly exaggerated feats, often heard of, but seldom seen.

Noah Young, a Wonderful Heavyweight.

The greatest heavyweight "Strong Man" developed in our club was Noah Young, who won the title of National Champion at the Fair in 1915. Young, who seemed to have a lot of natural strength, did not start training until

the age of 24, when he weighed about 180 pounds, standing five feet eleven inches. He soon became very ambitious, however, and actually used to put in three or four hours each day, in barbell practice; later on he took up ballet dancing in addition to this work, and was very active and graceful for a man of his size.

Noah was very good at grip tests, one of his stunts being to "snatch" (one hand) a thick handled barbell of 135 lbs. which few lifters could raise off the floor. He was also one of the few strong men who could easily tear three packs of cards. His legs were very strong and powerful (27 in. thigh and 17 in. calf); he could "squat" with over 300 lbs. on his shoulders, and on the club lifting scales did a back lift of 3,200 lbs. once, or 2,860 lbs. twelve times in succession.

Young once had quite an accident doing a back lift; his legs got "locked" perfectly straight under the platform, and there they stayed. As there was no one else in the weight room at that time, he was in a bad fix, but finally succeeded in "unlocking" himself by reaching behind him and giving his knees a hard punch. You may be sure that he was very careful to adjust the platform to the right height on all future back lifts that he tried.

Young liked to make his lifts with a weight made up of solid barbell, with small dumbbells tied on the ends; this is the type of bar he used in making his great right hand Bent Press of 286 lbs.; he also did 260 lbs. with his left hand. Wonderful as these lifts are, they did not represent his limit, as for some reason, Young quit training just when he should have continued.

His other records were: One arm snatch, 180 lbs.; one arm clean and jerk, 212 lbs.; two arm press, 212 lbs.; two arm clean and jerk, 294 lbs.; 50 lbs. dumbbell in each hand, press together 32 times in succession. As a stage stunt, he used to bent press Treloar, who weighed over 200 lbs. at that time. At his best, Young weighed 212 lbs. stripped, and another of his feats that I should not omit was a "one arm curl" of 105 lbs.—try and imagine it. At present Young and Jones are playing in pictures opposite Harold Lloyd.

Albert Bevan, Champion of Southern California.

Albert Bevan, the present champion lifter of Southern California, is a fine example of symmetry and bodily perfection. He shows to best advantage in "quick lifts," like the snatch and jerk, wherein the legs are brought into vigorous action; he has very good "form" on these lifts, his smooth, graceful efforts making his "science" a delight to witness.

Bevan was always an enthusiast about physical development, his first real effort to excel being when he

joined the club as a wrestler; he was gradually drawn more and more into the fascination of the "Iron Game," however, until eventually he was able to defeat all local competitors on the standard lifts, which serve to determine the championship here.

Look at Bevan's photo and note his fine leg development—his calves measure over 16 in.; he brought them up to this size by continually using them in every lift he makes. "Al" thinks nothing of dropping down on one knee,



Here is Noah Young showing how easy it is to push "Al" Treloar above his head with one hand.

while holding 250 lbs. overhead.

I might mention that Bevan's best lifts to date are: One arm snatch, 156 lbs.; one arm swing, 122 lbs.; one arm clean and jerk, 170 lbs.; two arm snatch 188 lbs.; two arm press, 200 lbs.; two

arm clean and jerk, 250 lbs. Al's present ambition is to be able to "snatch" the equivalent of his own weight with either hand—watch out for him!

E. W. Goodman a Self-Made Muscular Marvel.

And then, you fellows who think that a "naturally skinny" man can never hope to attain the development of the thick-set, husky lad who "inherited" a stocky physique ought to take a look at Mr. Goodman! Five or six years ago he was quite slender—that is, before he took up systematic barbell training. At

the present time he has a "shape" that would make many stage "strong men" stand back and take notice; honest, his development actually shows through his street clothes!

Goodman now weighs about 170 lbs. stripped, and at this weight has accomplished the following lifts: two arm press (straight legs) 225 lbs.; two dumbbell press, 200 lbs.; press back of neck, 200 lbs.; two arm continental jerk, 275 lbs.; one arm snatch, 135 lbs.; wrestlers' bridge, 265 lbs.; press on back, without bridge, 315 lbs.; with bridge, 340 lbs.

One feature of Goodman's training is that he uses both hands equally—that is, in all one hand lifts, he can raise as much with his left hand as with his right. "Ed" also has a number of specialty feats, one of which is "dipping" on the parallel bars with a barbell laid across his feet—in this way he has raised 200 lbs. excess weight; this particular exercise is very effective in developing a powerful triceps and pectoral (chest) muscles. Also, take the familiar sit-up exercise, where you lie on your back and then come to a sitting position; Goodman has done the same movement with a 100-lb. barbell held back of his neck! Just try it once, and I think you'll decide that it requires some abdominal muscles!

Otto Poll, Champion Ring Artist.

Otto Poll, former National champion on the Roman Rings, has done some lifting, and is naturally pretty good at certain lifts which call into action the muscles he has developed by strenuous feats on the rings.

In the two arm press he has raised 125 lbs., and in the press on back (with bridge) 290 lbs. He has also done 129 lbs., perfect form, in the two arm pull-over at arms length.

Poll has very large and strong hands and wrists, and excels at feats like finger-pulling, wrist leverage tests, etc.

Gilbert Neville, a Pocket Hercules.

Although not exactly a weightlifter, I must include Gilbert Neville under the title of "Strong Men." Weighing but 125 lbs. he nevertheless performs feats that are but little short of miraculous.

Neville is, first of all, a finished hand balancer, and his main claim to distinction is this kind of work performed while on a slack wire. He is the only man in the world who has succeeded in doing a one-hand stand on a swinging slack wire.

He is also alone in his ability to do a one-hand stand on a high pedestal, lower his body and then raise again to a handstand, eight times in succession. Undoubtedly, this wonderful sense of balance has made it possible for Neville to bent-press 212 lbs. with his right arm, a lift which falls but 4 lbs. short of the World's Record for a man of his weight. I believe that at the present time, Neville is appearing in vaudeville.

[This fine article will be continued next month, and photos of Goodman and other marvellous "iron men" will accompany it.—Editor]

Naturopaths Convene

Special Story of the Excursion

By Henry Lindlahr, M. D.

[I have induced the great physician, Dr. Henry H. Lindlahr, to tell the story of his excursion to the annual convention of the American Naturopathic Association. I hope you will enjoy reading it as much as I did. Dr. Lindlahr mentions the friction that appears to be developing between the "fountain head" and the rank and file of the Chiropractors—and he says some strong words, too, about those who constitute this "fountain head." Whatever we think, however, we must observe his caution not to allow ourselves to become so narrow in our regard for any one particular healing method of Nature, as to disrupt the general movement. I should be glad to open the columns of HEALTH AND LIFE to a full discussion of the present perplexities.—Editor.]

THE American Naturopathic Association held its twenty-sixth annual convention in Washington, D. C., from October 3rd to October 7th, inclusive. I joined the delegates assembled in the New Willard Hotel on Friday afternoon. It was one of the most harmonious and all-round successful gatherings of that kind I ever had the pleasure to attend. For this we had to thank largely, aside from the experienced work of Dr. Benedict Lust, the President, the splendid executive ability of

Dr. Joe Shelby Riley and his wife, Dr. Elizabeth Riley.

The "Martha Washington" of the Convention

Thanks to the tireless efforts and whole-hearted enthusiasm of Dr. Elizabeth Riley all arrangements for the various proceedings of the convention were perfect, and most generous provisions were made for the comfort and entertainment of the delegates. Mrs. Riley was unanimously acclaimed as the Martha Washington of the convention.

Our Washington correspondents, over four hundred in number, had been notified of my principle lecture on Saturday afternoon. The hall was filled to capacity and this occasion afforded me the opportunity to shake hands with many of our old-time friends in the capital and vicinity.

On Sunday we were entertained with true southern hospitality by Mr. and Mrs. Carlin on their country estate near Arcturus. This beautiful country place, overlooking the windings of the majestic Potomac River among the forest-clad Virginian hills, was at one time a part of Mount Vernon, the George Washington estate. Among other good things, they treated the delegates to a genuine southern chicken dinner. Did I have some of it myself? Masons don't tell.

Reverencing the Father of Our Country

On Monday we visited the national cemetery at Arlington, and Mount Vernon, the home of the father of our country. On the way thither we stopped at Christ Church, Alexandria, Virginia, the place of worship of George Washington and his family. The church is kept as near as possible, in exactly the

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SAMMIE AND SAMSON—There's No Getting Around the Facts



Jack Nicolle, the brilliant young cartoonist, will conduct this new feature every month, and tell us of the adventures of Sammie and Samson. Apart from the value of humor, these cartoons will preach the gospel of physical culture by poking fun at the typical P. C. enthusiast. The plot that will be observed will be the efforts of a certain physical culturist, one Samson Sage, a weightlifter, wrestler, boxer and baseball fan, to instill a love of everything athletic into the soul of his bosom friend, the undersized and weakly Sammy Simp. Sally Sage, Samson's somewhat shrewish wife, and her dog, Saccharine, a mongrel pup of considerable genius, will also feature fairly often, as will others in the persons of Young Waullop, the pugilist; Kid Scratchcat, a wrestler in the catch-can style; "Babe Buttertub," a famous baseball pitcher, and Sammie's fiancée, Sophy Sauerkraut. While later on, Sid, the real Physical Culture baby, will come to gladden the lives of Sally and Samson.

The Free Expression of Love in Marriage

By Bernard Bernard

I HAVE just listened to the story of a young married woman who has been told by her doctor that the child she had a year ago is to be the last; if she has another she will lose her life. The doctor did not tell her the simple mechanical means to prevent conception, but merely told her to refrain from the act that would end her life. She is now living in a separate room from her husband, and there is developing an irritability and friction between them that spells disaster at no distant date.

Why is it that men and women are so foolish as to perpetuate this state of affairs? This story is no exceptional one. I have received innumerable letters bearing a similar tale, and in each case the restraint put upon husband and wife robs marriage of its sacredness and love.

I will tell you why this condition of things goes on. It is because it has been taught that the sex side of life is wicked, and the subject of sex has been shunned so consistently that elementary facts concerning it are not known to the majority of people. Moreover, the average person will turn away, either in disgust or fear from any attempt, serious or otherwise, to deal with any problem involving sex.

The Poets Have Told What Love Is.

For hundreds and hundreds of years we have had wise men trying to tell us what love is; and they have never dared to tell the truth about it—except such poets as Shelley, Keats and Shakespeare; and they have been able to do so because poetry has its own language, which the ignorant—both educated and otherwise—do not understand.

Is it not time that we became honest with ourselves and obtained control of the superstitions that governed our grandparents and great grandparents? Is it not time that we recognized that the beauty of the flowers, of the birds and animals of Nature, is the same as that which prompts a man and woman to love each other?

Before there can be true and unrestricted love in marriage, there must be the ability to be free in all its relationships. This is a side of the great birth control movement that I feel should be emphasized. For there can be no truly free expression of the feelings except where there is knowledge of the means to prevent undesired conception taking place. It is more than useless, it is cruel and wicked, to tell two healthy young people who are married and devoted to each other to refrain from the act that their bodies and souls require for the continuance

of their love. There is a simple way in which they could still be free to realize that unity which is the consummation of the noblest of their feelings, and they should be told all about it.

Idealism Perverted in Youth.

Unfortunately, faulty ideas concerning sex do not originate in maturity. It is in adolescence that idealism is perverted either by wrong information or by none at all. Personally, I think that the parents are the only ones who can effectually tell their children the things they ought to know, and tell them in such a way that the subject maintains all its sacredness and reverence. But instead of this, instead of letting it be the beautiful thing that it ought to be, as the highest expression of

possession; it takes him above the world of things and appearance, and shows him the soul in everything. Those who have been robbed of their sense of beauty in regard to love are to be greatly pitied, and I want to help them; I want to help them to see the light of truth and goodness as it is, not as convention has made it for them.

How to Train the Children.

To start, then, we have to devote our attention to our children, see that they maintain their own purity of soul and body, by being told frankly of the existence of sex, and its means of perpetuating and uniting the human race. We have to tell them that any artificial and unnatural tampering with its sacred function is the certain means of robbing life of true love later on, and immediately of ruining the body, preventing development mentally as well as physically.

Then, before marriage, all the facts relating to its conduct should be known and understood; and it should be recognized that the biggest thing in life is to bring into the world another being; and that only when such child is ardently desired, and can be cared for properly, should it be allowed to make its appearance. It is obvious that the methods of the scientific prevention of conception should be taught. Let it be known that there will be a desire for complete unity, and that such, if it be the outcome of natural affection, will be the most inspiring part of the relationship between husband and wife.

It is just that is degrading. It is the artificial stimulation of the physical relationship for mere pleasure, and the tremendous drain this leads to in developing a gluttonous appetite, that is to be condemned. Let it be perfectly understood that there can be no full efficiency while the energies are being robbed sexually. But let it also be known that vile thoughts about a normal and sacred function are still worse.

To Woo and to Respond.



SALAMBO AND MATHO
A sermon in stone by the great sculptor, T. Barrau. Exhibited in the Palais des Beaux Arts, Paris.

human love, parents allow their children to pick up scraps of worthless information that usually fall from the lips of the sexual pervert.

Then what do we have? We have those habits formed which wreck the constitution and health of the child, warp its mind, robbing it of its appreciation of the beautiful. Instead of taking a delight in watching the human body, it covers it up—because it has become unclean. The uncleanness in the person's mind, for "to the pure all things are pure," and the mind but reflects itself when it makes filth out of beauty.

But there is no need to let the beautiful be stifled. Appreciation for the beautiful is a person's most precious

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Sterilize the Unfit

By Norman Haire, Ch.M., M.B.

[This article, by the great gynaecologist, Dr. Norman Haire, ought to help tremendously in the solution of the Eugenic problem, for he proposes a practical method of sterilization that will still enable the unfit to retain the expression of their emotions.—Editor.]

ALTHOUGH birth control is gaining in public favor, it still has many opponents, and among them a large number of really earnest conscientious people, who sincerely believe that it is wrong for average healthy men and women to limit their families.

But there are few, I think, even among the most conservative, who would deny that it is justifiable, and indeed very desirable, to limit or prevent the multiplication of those who, through either physical or mental disease, are obviously unfit for parenthood.

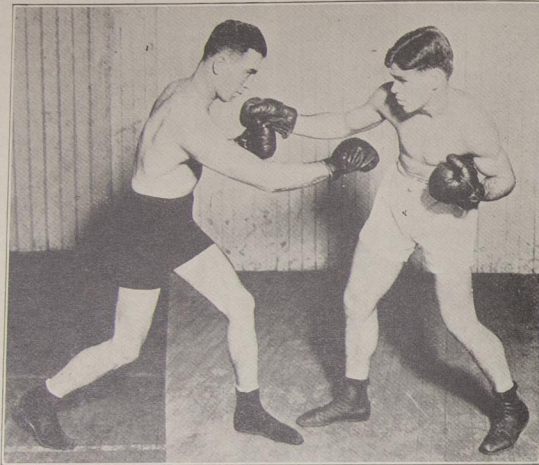
Especially in cases of mental disease or deficiency it is necessary that reproduction should be avoided; and it is precisely in these cases that it is most difficult to teach the patient to take regular and adequate contraceptive precautions. Through carelessness, or indifference, or lack of intelligence, these people generally fail to avoid frequent conceptions, so that they continue to bring into the world new generations of human beings handicapped from the beginning by a woefully small mental bank balance, who become bankrupt if too great a demand is made on their poor resources. These it is who fill our lunatic asylums, or gaols, workhouses, and who form a very large proportion of our unemployed.

The Tragic Cycle

As resident medical officer at a large obstetric hospital and at a lunatic asylum, I have seen the most dysgenic breeding. Often a woman would be admitted to the obstetric hospital with a history of attacks of insanity occurring at each pregnancy. During the pregnancy, or at confinement, or soon after, she would become insane and be removed to an asylum. If she recovered sufficiently to be harmless to herself and others, she would be discharged "cured," only to go through the same cycle at the next pregnancy. I have seen women who had had as many as six attacks of this sort, and who nevertheless were not prevented from becoming pregnant again, or even taught

to take any sort of contraceptive measures.

On investigation of the family history of the mentally diseased or deficient, it is so often found that there are other cases of mental disturbance in near relations. Sometimes one finds insanity in several succeeding generations, the age of onset becoming earlier in each successive generation, showing that each



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RING OUT THE OLD, RING IN THE NEW

Here's Jack Britton, the grand old man of the ring, and his young conqueror, Mickey Walker. Britton is past what they call the "age limit" for boxers, and he put up a great contest against his young assailant. He was welterweight champion for so long that it seems a shame he was not induced to retire undefeated. But still, here's good luck to Mickey—may he wear his laurels as worthily as the great fighter he has defeated.

individual tended to gain with less capital than its predecessor, and in the presence of an equal strain to become bankrupt earlier.

Difficult to Convince

Among my patients at a Maternity and Child Welfare Center a good many show mental deficiency of varying grades, and I find that these are the ones who breed most recklessly, who are the most difficult to convince of the necessity for contraception, the most incapable of learning properly to use the ordinary simple methods.

In such cases, as also in the presence of syphilis, tuberculosis, and certain other diseases which may be transmitted to, or may damage, the offspring, sterilization by surgical means seems to me to be most clearly indicated. In many of the States of the American Union

the compulsory sterilization of lunatics and certain habitual criminals is prescribed or permitted by law. I am informed by the Secretary of the State Board of Health for Indiana that about 1,200 males have been compulsorily sterilized in that state, and that somewhat similar laws exist in New York, Iowa, Michigan, Oregon, California, Washington, Kansas and Illinois, Connecticut, Nevada and New Jersey also have sterilization laws.

Voluntary Sterilization

Public opinion is perhaps not yet ready fully to accept the idea of compulsory sterilization, but I think there would be little effective opposition if voluntary sterilization were advocated for cases of positive unfitness, and its simplicity and harmlessness properly explained. Indeed, I believe many men and women suffering from less serious physical or mental disability, or from economic distress, and even many who, while neither diseased nor, yet desired to limit their families from other worthy motives, would also seek this operative relief; in order to avoid the constant necessity for troublesome temporary precautions, and the anxiety due to the fallibility of all ordinary contraceptive methods at present known.

A Simple Operation

Unfortunately, when one speaks of sterilization by operation, the average person thinks that one means the actual removal from the body of the ovaries or testes, with a consequent loss of sexual desire and potency, and transformation into a sexless sort of person, lacking all charm and all interest or joy in life.

This, of course, is not what is meant at all.

Sterilization can be easily, safely and efficiently carried out by any competent surgeon. All that is needed is for two tiny ducts to be tied or cut across. The patient should be recovered from the operation in a fortnight.

Surgical sterilization is far less painful and occasions far less inconvenience than a single confinement, to say nothing of the previous nine months of pregnancy. And it cannot be too strongly emphasized that the general health, sexual desire and sexual potency are in no way prejudiced by this operation in man or woman. Indeed, the recent work of Steinach and his co-workers and disciples goes to show that this operation in the male is often followed by increased sexual desire and

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Among the Grapplers

Johnny Meyers Fails to Throw Kid Martin—Tom Rolewicz Beats Jack Taffin—Zbyszko Makes Binckley Quit—Stetcher Throws Charlie Cutler—Moran and Bernard May Meet.

NOW that the season is in full swing and the mat is unrolled, grapplers all over the world are busy tussling. HEALTH AND LIFE is going to give the best information on the mat game, and all wrestlers will be able to look to it as authoritative, and a friend that will tell them of the important contests going on, and also give them good wrestling instruction. Our editor is absolutely the right sort for us, for he is the World's Featherweight Champion; so we can be assured of his personal interest.

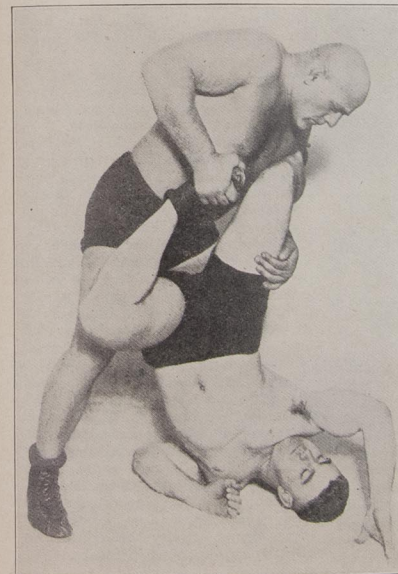
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Johnny Meyers Fails to Throw Kid Martin

Middleweight Champion Johnny Meyers undertook to throw Kid Martin, the wrestling policeman of Cicero, twice in an hour, consisting of six ten-minute rounds. Martin's stubborn resistance, and extra weight, prevented him from doing so.

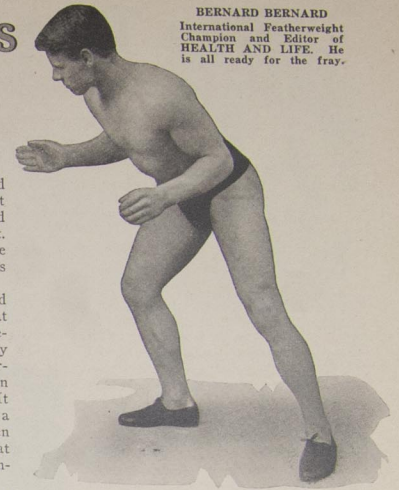
The Combat

Johnny went right in for a leg hold and brought the Kid to the mat, but the latter got away by a good twist-out.



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How Stanislaus Zbyszko takes a crotch and toe hold. His measurements are: Age, 41 years; height, 5 ft. 9 in.; neck, 22 in.; chest, 55 in.; waist, 40 in.; thigh, 32 in.; calf, 19 in.; biceps, 23 in.; forearm, 19 in.; wrist, 15 in.; weight, 232 lbs.



BERNARD BERNARD
International Featherweight
Champion and Editor of
HEALTH AND LIFE. He
is all ready for the fray.

Later Martin took a leg hold and Johnny allowed him to get behind, so that he could head spin into forcing an arm lock. They were mixing it, and the work was most exciting just as the bell sounded.

Martin had a good head hold during the second round that must have punished Meyers severely. Johnny kicked his way out of this. One of the cleverest armlocks I have ever seen taken was done by Johnny. It would probably have led to a fall had both men not been ordered to the center of the mat from which they had wandered.

Through his intense interest in the contest the timekeeper called time at five minutes instead of ten. But the crowd was just as keenly interested in the grappling, so that it also did not notice the mistake.

In round 3, Johnny again allowed the Kid to take his head lock, but the latter, knowing the danger in which he placed himself because of Johnny's clever maneuver for an arm lock, was

too cautious to do much with it, so Meyers got round on top and took a back waist hold. Martin broke this and took a scissors, but Johnny simply turned around into an aggressive position on top again. At about eight minutes both stood up, and then mixed it vigorously, and the bell saved Kid from what might have been a fall by a half nelson.

At the fourth session everybody got excited. Johnny could see that he had a big job before him, and he pounded into his man like a tiger. He secured a double front arm lock and brought the Kid over in a beautiful throw, but failed to hold him down. At eight minutes Meyers took a vicious toe-hold, which was finally broken. This round had a most exciting finish, for Johnny was forcing the pace and making Martin travel at high speed.

The fifth round gave a magnificent bridge by Meyers, shortly after which he took a half nelson, and I believe might have pinned Martin had

the latter not been off the mat.

The sixth round showed both still very energetic, Meyers especially so. He took an armlock, then a chest hold, and we all held our breath, expecting a fall, but the game Kid struggled grimly out of the grip. This round really demonstrated Meyers as a master wrestler, but the policeman was too heavy, strong and perhaps too slippery for him.

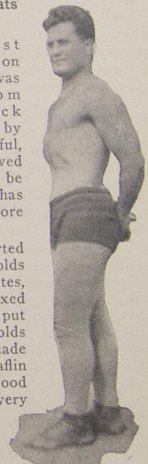
It was a splendid, clean tussle, and Kid Martin is to be highly complimented on the magnificent stand he made against the champion.

Tom Rolewicz Beats Jack Taffin

Another contest which was decided on the same evening was one between Tom Rolewicz and Jack Taffin. Tom was by far the more skillful, but Taffin showed that he is going to be "it," when he has gained a little more experience.

Both men started fencing in head holds for a few minutes, but then they mixed it grimly. Tom put on some toe holds that would have made anybody but Taffin squeal; but Jack stood them with a bravery that was admirable. At 30 minutes 20 seconds, Tom had his man fixed in a jack-knife, and so won the first fall.

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JACK TAFFIN
The gallant Greek, who wrestled brilliantly with Tom Rolewicz, and lost by two falls to one.

The True Cause of Cancer

By Benedict Lust, N.D., M.D.

[Cancer is a disease that has scared the whole of humanity; chiefly because no pure medical remedy has been found for its cure. Millions of dollars have been spent trying to find a medical cure, but all without success. Dr. Lust's article below is particularly valuable because it shows that cancer may be prevented by averting its causes. In the early stages cancer is curable by stimulating excretory functioning and supplying the vital mineral food elements. In other words, Nature herself will prevent and cure if only she is given a chance. Knowing this, is it not folly trying to find artificial cures by drugging? This is the first of an interesting series of articles by Dr. Lust.—Editor]

A TRUTH is frequently as simple as a modest little flower, at the road's edge. Therefore, like this flower, it often remains unnoticed for a long time, although thousands of people pass by it every day. Thus it is with the origin of cancer. Already in my earliest youth the frequent cases of cancer in our closest neighborhood affected my soul very strongly, and I tried to find out, as exactly as possible, all about even the smallest circumstances in this connection. I understood, with pain in my heart, how dreadful it was to be compelled to look at so many valuable, dear lives sped toward death without hope for help.

Thus it happened that already at that time I began to give much thought to the disease of cancer. A few years later the deadly malady took away some of my nearest relations. I compared the various cases with each other and discovered certain similarities in the modes of living. Moreover, my own bodily condition (scrofula) prompted me, from my eighteenth year, to constant self-observation and the most intense study. This occupation soon became my second nature, so that over twenty years rich with this work have elapsed since that time.

During this period I became fully aware of the following: "He that searches and recognizes himself, finds the entire surrounding world repeated within him."

All Disease Has the Same Cause.

Thus I found within me an intimate connection between my many different conditions of illness and the nourishment taken.

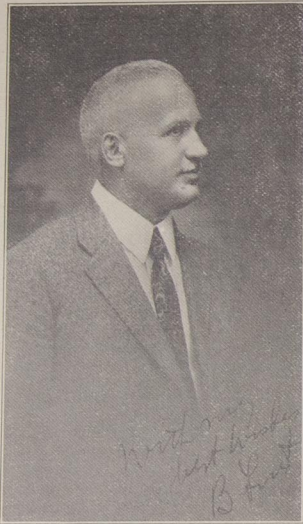
Furthermore, the botanical world showed me that, in case of incorrect fertilization and unsuitable conditions of soil even the strongest tree will finally become saturated with ill saps and produce parasitic growths of a cancerous nature. My parents had often flowers and plants which, on account of wrong nursing, became crippled and died.

Thus I came to understand that each being and each kind must have entirely definite conditions of life, tuned to their innermost character. That is, in each thing or being there must be active certain powers of sympathy and antipathy, or up-building powers and defending powers.

Each Kind of Life Requires Its Own Specific and Favorable Conditions.

For this reason the oaktree cannot

thrive in the marsh and the marsh-plant not on the hill. In this case the defensive powers would be exerted excessively and would finally prove insufficient. Thus the kinds would be finally saturated with the stuffs that are



BENEDICT LUST, N. D., M. D.

against their innermost nature, and degenerating and dying would be the natural consequence. When you plant an acorn, it sucks entirely different matters out of the soil than, for instance, a grain of wheat. The acorn, in order to develop fully its innate powers, requires just these matters and no others. If, however, it receives predominantly other matters or stuffs it can develop its powers, but very defectively, and it falls sick not only inwardly but falls also a powerless victim to outside injurious influences. Ought this to be different with man?

The human body consists of many millions of small units, called cells. Each single cell is like a plant endowed with the powers of sympathy and antipathy, or with up-building and defending powers. It seeks to assimilate only such matters as correspond to its innermost character and that capacitate it for powerful actuation. Everything else it rejects as foreign and interfering.

For instance: whatever may be disturbing for the cells of the eye may be well used as sympathy-matter by the cells of another organ (or skin-cells, muscle-cells, etc.). Thus the nutritive matters circulate throughout the body and each cell assimilates for itself just the right thing in quality and quantity. But whatever cannot be used by any of the cells, must be expelled by the organs of secretion. If this action would be successful every time, any sickness (aside from spiritual causes and accidents) would be impossible.

How Does Cancer Originate?

Just imagine the single cell as a complete man. A man needs much of one kind of food, very little of another, while a third is quite against and even injurious to him. If man would be compelled to do without the kinds of food he most needs and would be filled with matters he requires but little or not at all, illness and degeneration would be the consequence. However, this happens quite frequently with the cell. The cell, in some cases, is compelled daily to take up a lot of stuffs for which it has but little or even no use at all.

In the first place it is the excess of animal albumen-stuffs (meat, eggs, milk, cheese) that produce terrible poisons during their decomposition. I had the pleasure to see that Professor Metchnikoff, during his last few years, also made the discovery that too many eggs in the human interior go through the same process of decomposition, as outside of same. Furthermore, there are legumes which, when taken frequently, constitute a grave danger for many a person. Of course, the human cell requires a certain quantity of albumen, but it is not at all indifferent as to what kind these albuminous stuffs are, and what defensive powers are at the disposal of the individual. If these powers have already suffered through several generations, or have been otherwise weakened, a comparatively small daily introduction of albumen and wind-producing stuffs will suffice to saturate the cells and cause cancer. But it is especially the winds that prostrate the defensive powers almost entirely and that hinder the organs in their normal activity through the frequently enormous gas-pressure.

What I Have Noticed About Cancerous People.

I have had much opportunity to ob-

(Continued on page 204)

With the Men of Iron

French Canadians Join Hands With the A. C. W. A.
—Oscar Marineau Breaks His Elbow—Jowett and Goodman Break Records



WALTER KLEE, a promising iron pupil of Arthur F. Gay, of Rochester.

Oscar Marineau, the famous French-Canadian middleweight, was injured recently while doing his mighty "Tomb of Hercules" act. His hand slipped and his elbow was thrown out of joint. I am glad to say that he is recovering very satisfactorily.

It was stated in the September issue of HEALTH AND LIFE that Coulter won the Brooklyn tourney. I hasten to correct this. Warren Lincoln Travis won this tourney, but Coulter made a great showing for his weight, especially in his wonderful harness lift.

How to Lift a Human Being Above Your Head With One Hand

In the center of this page you will see a picture of Frank McCarroll, the famous wild west rodeo rider, holding a lady above his head with one arm. Incidentally it shows the easy way it is possible to lift a person above your head with one hand.

The person to be lifted gets into a squatting position and clasps hands behind the knees. The lifter then puts his arm through between the arms and body. Then it requires just a swing to the shoulder. The arm is already half straight, and all that is necessary is to roll the body away—downward and sideways, as in the "Bent Press"—and then stand up straight.

Human weightlifting is the very best form for public demonstration. I have just had a letter from David P. Willoughby, in which he says the same thing. So, you iron men, if you want to convince people that you have some real power in your muscles, practice up

some good stunts lifting live human beings.

Naturopath and Iron Man

Dr. C. B. Severn, the well-known South African Naturopath, has recently arrived in this country and has received the high degree of Doctor of Natural Science.

On the top corner of this page you will find his photo, taken while doing one of the most difficult of muscle control feats. His left abdominal muscles are drawn in and he has allowed his right abdominal muscles to contract and protrude. Just try to do this and see how hard it is. Dr. Severn gives one of the most remarkable muscle control exhibitions I have ever seen performed.

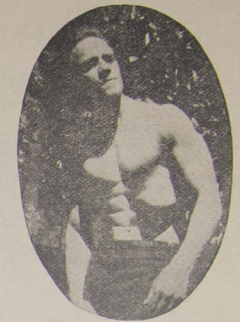


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GIVING HIS PARTNER A LIFT

This is Frank McCarroll, one of the wild west rodeo riders, and he is showing that it is his strength and fitness that counts.

He is also an iron man of some repute. I do not know what his poundages are at the moment, but I have seen him take a man weighing about 168 pounds and press him to arm's length quite easily.



DR. C. B. SEVERN
The well-known South African Naturopath is also an expert in muscle control and weightlifting. Look at the wonderful abdominal control.

Secretary George Jowett, Middleweight Canadian Champion, has created another record with a shoulder press of 300 lbs.

Grappler Cy (Champion Welterweight Wrestler of Ottawa County) has just joined the A. C. W. A. His feats show promise. At present his lifts are: One Hand Military Press, 65 lbs.; Two Hands Press, 145 lbs.; Wrestler's Bridge Lift, 160 lbs. These lifts may not appear very much to "write home about," but the grappler is only just beginning the iron game, and 18 months ago could hardly raise 60 lbs. in a Two Hands Press.

Bravo Goodman! Goodman, of the Los Angeles A. C., has recently accomplished a new record of 215½ lbs. in the two dumbbells press. His previous record stood at 200 lbs. This feat is equal to taking two bantamweight men, one in each hand, and pressing them to arms' length. Try to do it, and you will appreciate Goodman's wonderful strength.

Championships of Flanders

The "iron" championships of Flanders were held last month. The Olympic games, lifts and categories were used.

The results and totals were: Feathers—Van Hoeck, 182 points. Lights—Vlegheles, 230; Boonen, 205.5. Middles—Van Ham, 233. Light Heavies—Van Poecke, 225. Heavies—Marc Du Bois, 235.

Have you joined the American Continental Weightlifters' Association yet? If not, send in your first year's dues of \$3.00 to Secretary Geo. F. Jowett, Inkerman, Ontario, Canada. This includes HEALTH AND LIFE for one year.

The Pyramid

By Warrington Dawson

Author of "The Gift of Paul Clermont."
(Copyright in U. S. A. and Great Britain, by Warrington Dawson.)

[Here is the third installment of Warrington Dawson's great novel, "The Pyramid." What went before is as follows:
From the tower of a Breton castle, George Alayn was watching a wonderful sunset. The sun stretched forth great bars of gold which took the shape first of a perfect cross and then of a pyramid. The author then takes us back to George's boyhood days. While out on a camping expedition the boy George was thrown in contact with Miss Delmer, of Paris. She burst out into song, and George joined in, astounding her with his remarkable voice. You will read what sort of boy George was in the following chapter.—Editor]

CHAPTER IV.

The Declaration of Temperament.

IT would be exaggerated to pretend that even a wise father noted any immediate change in George Alayn after the excursion to the mountain top. Changes may be decided in a day, but they take time to reveal themselves. George did not return with a new fixed aim in life because he had sung with a songstress from Paris, nor did his eyes blaze with frenzy because he had been unjustly accused and ignominiously beaten. He came home cross, tired, sleepy; went to bed immediately after supper, and slept very soundly until an undue hour the following afternoon.

Only then did he find leisure to reflect upon matters concerning himself, and to plan retribution against one other. From both directions he was impelled to follow Miss Delmer, who had not only awakened his own temperament but excited the interest of the frost-nipped cabbage-eared man. So that the undesired and eminently inappropriate presence of a boy, at all times and in all places, dispelled romance from the situation developing between his charm and his aggressor.

In the very midst of a proposal, this lover, surprised by a shower of shavings which made Miss Delmer giggle, looked up to see George Alayn philosophically whittling a stick on an overhanging tree branch. There was a look in the boy's eye which made the man refrain from inflicting the chastisement planned for a brief moment; besides, what, short of death, could have been adequate? Miss Delmer presently left the region, and the man found diversion elsewhere, after which George Alayn gave no further thought to him nor to her.

No conscious thought, at least—for something had altered in him, that night on the heights, and its development was inseparable from a degree of reminiscence. A seed had been cast on prepared ground, and had been roughly trampled beneath the surface, and was now germinating in obscurity and isolation.

Contrary to established rules, George Alayn became fastidious as to dress and manners, and careless of the exercise and athletics which had been his chief pastimes. He was dreamy, absorbed, and generally useless when separated from the routine which he accomplished perfunctorily. An atmosphere of soap was perceptible about his skin, and his

breath often suggested orange-peel, licorice, or peppermint. He had liked his hair short—to the distress of a mother whose aesthetic ideas were based upon Kate Greenaway and Reginald Birch; now he cultivated it so long that he was persecuted by his school-fellows. He had taken some months to grow this mop which he religiously parted and plastered down in the neighborhood of his forehead, where he could see it, and forgot in a hopeless tangle on top where only others saw. And it had taken as extensive a period for his tastes to change, while his father noted detached symptoms which did not at once assume collective significance. Winter had come, George was at school once more. His class standing, from average, had dropped to bad.

"He is at the difficult age," Mrs. Alayn remarked.

"Or we are," Mr. Alayn corrected. "Very difficult, indeed, to feel a crisis at hand for an only son; to suspect that the battle might already have been won or lost, and the price of victory or defeat was being paid in silence! That George now had an aim before him, Mr. Alayn could not doubt; that the boy was losing himself in thicket and forest, that he risked stumbling into ditches and quagmires, seemed probable. Mr. Alayn knew what he should do. The whole upbringing of the youth had been calculated by him so as to pave sound roads against the time of trouble, since emergency leaves insecure opportunity for such work.

It would be doing him an injustice to say that he depended upon a system—for whoever commits himself to a system limits his flexibility and expansion, and Mr. Alayn was ever observing, ever learning, ever growing. But, impressed by facts rather than by cant or prejudice, he had reached independent conclusions.

He believed that ignorance and misunderstanding were responsible for most human ills, and that moral transgression came principally from the said ignorance and misunderstanding on the foundation of hereditary tendencies and of habits gradually acquired from surroundings: in the proportion of one part heredity and one part surroundings, to one part accidental outside influence, and a fourth part generated by the fusion of the first three, so that even under seemingly similar conditions, the possible variations were infinite.

The supreme demand of developing life, Mr. Alayn maintained, was understanding rather than resistance. There was a specific danger in fighting temptation—the prayer of the Christ Himself was for avoidance. Fighting was better than yielding, and the man who had suffered and learned could make his future useful even though he could not alter his past. But the impulses which had actuated temptation risked turning inward when opposed, and then dwelt in the sub-consciousness ready to spring up when one was least on one's guard. The negative force could become as absolute a law as the positive, it could even be metamorphosed into a fixed idea with the forbidden thing looming in the background, so that any moment of undue strain might sweep away the whole of a life-training dependent upon resistance alone, and leave the original temptation dominant. Furthermore, the very fact of resisting betrayed the fear of being conquered. Wherefore sound, healthy, well-grounded principles were a surer protection than all the defensive rules imaginable. Finally, a man whose ignorance and misunderstanding placed him in the case of having to fight out a big moral battle either found himself helpless because of the habits he had acquired, or else came out a victor at the price of atrophied emotions and faculties, losing much that had been most divinely human in him. (The expression was Mr. Alayn's.) Whereas the boy who was ready to accept realities instead of interpreting them grew up without thought of evil—because he knew life too well.

One day George came home from school unusually late, with a report extraordinarily bad, having forgotten two important errands with which he had been entrusted, and waiting on his breath a scent of orange-peel so pervading that one might have been prompted to look for the grove. After supper he followed his father into the library. Mr. Alayn quietly took a package of cigarettes from his pocket. George looked around. He had never known his father to smoke anything but cigars.

"Have one, George?" Mr. Alayn asked.

"No, thank you, sir," the boy answered quite naturally. His father observed him fixedly; he grew slightly pale, and his fingers clutched the edges of a book.

"Quite sure?" Mr. Alayn insisted. "I—I shouldn't have thought you would advise me to smoke, sir," George faltered.

"I don't. Only, if you had wanted to smoke, this would have been the proper time and place." With which Mr. Alayn put away the cigarettes and lighted a cigar.

George stirred uneasily for some minutes, then laid down his book and went upstairs. He returned a quarter of an hour later, with a compromisingly innocent air and wafting an odor of peppermint.

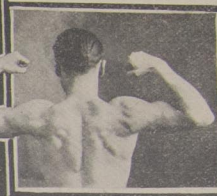
The next night, Mr. Alayn repeated the scene. George, expecting this, had

(Continued on page 210)

Ernest Kau, below, is a diploma winner in the Health and Life Development competition.

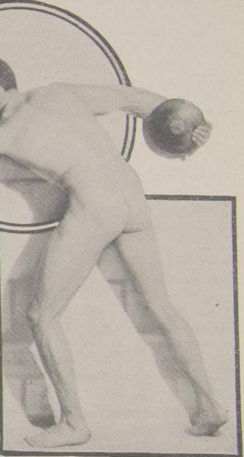
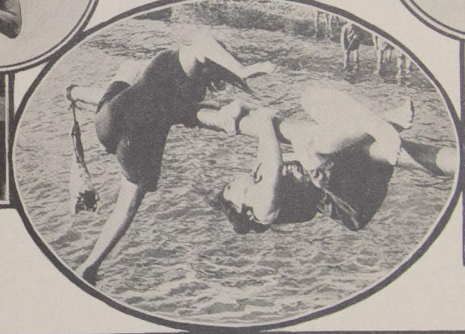


Isador Garolas has a picturesque development and wins a diploma.



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Seven charming ladies, all waiting to enter the pageant of beauty.

Way down in South California it is still summer, and climbing the greased pole is a favorite pastime.



F. J. Goldthwaite, A. C. W. A. representative of Louisiana, posed as the "Discobolus."

A beautiful pose of the "Discobolus" by Mr. Walsh, the famous movie star.



J. Roy Cason's back development wins a diploma.



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A referee gets exercise as well as the players. Referee Dana is here jumping high into the air to get a good view of what is going on in the game between Denver University and the University of Colorado.



Some wonderful abdominal development. J. Wintery wins a diploma.

Health and Life

The National Monthly Magazine for Health,
Physical Education and Right Living

EDITORIAL

(Written by the Editor)

COLD WEATHER SHOULD PROMOTE ACTIVITY.

THE winter is now with us, and the thought of snow and ice and frost makes us shiver. But if we keep ourselves fit they will only make us feel more active and full of life. If you are fit you can stand both extremes of heat and cold better than the ordinary person; and you will still get all the best there is to be had out of life. Remember that the true heat of the body is generated from within, and to keep active is the best way to keep warm. It is necessary, however, to know that it is bad to allow the body to become cold. If you are resting after, or before, your exercises, be sure that the room is warm enough. Extreme cold and inactivity lower the vitality; so get right out and play hard and keep warm, and keep the temperature of your room at 60 degrees at least.

TIMEKEEPERS' JOKES.

I went to see Johnny Meyers tussle with Kid Martin, the wrestling policeman of Cicero, and right mightily did they go at it, too. In the second round the referee became so absorbed in the contest that he completely forgot his job. When he did remember, however, he just shouted "time;" although only five minutes had elapsed instead of ten. The rest of the audience was equally interested in the contest, so did not notice the error. This reminded me of a story my own wrestling instructor told me some years ago. One of his pupils had brought his father and some friends along to see the wrestling practice, and his father had promised him a silver medal if he could resist the champion for fifteen minutes. The bout between the pupil and the champion began, and the timekeeper, a humorist, started to call: "One minute." At the end of another half a minute he called "Two minutes;" and then at periods of about fifteen seconds counted off additional minutes, so that after about four minutes he shouted "Fifteen minutes—time!" To this day that pupil believes he stood against his champion instructor for fully fifteen minutes, and wears the medal proudly on his watch chain to prove it.

CHARLIE POSTL'S JOKE ON SOME JOKERS.

I heard another joke on a strong man, and again a wrestler. The hero this time was no other than Charlie Postl, former Middleweight Champion of America. The other day he was spending a vacation with some of his friends, prominent business men and political celebrities. They were staying near an enormous dune, and it had been their joke to win bets by defying newcomers to climb up this dune without stopping. So they nudged each other and offered Charlie Postl some good odds if he could do the trick. Charlie at first made excuses that he would spoil his breakfast and probably the remainder of the day; but he wished them to know that he believed he could do it. They challenged still further, with the result that Charlie said that he intended to show them there and then, but reminded them that a true sportsman did not

want anything for doing a feat, but did it for the fun and satisfaction of accomplishing it. So he bounded up the first half of the dune in fine form. Then he realized that he had really a big job in front of him. He covered half the remaining distance, and his legs were aching and shaking with the terrible strain he was putting upon them. His friends at the foot of the dune were still confident that he could not succeed, yet a little doubtful because he had already gone a greater distance at a better pace than anybody else had ever done. Charlie had wrestled in championship matches until his muscles have been so exhausted that he could not close his hands, and he experienced the same thing on this great climb of his. By sheer and tremendous will power he pushed one foot in front of the other, never allowing himself to stop, nor doubt. Finally he reached the top, and just fell flat with exhaustion. But he had done what he had set out to do, and was happy.

That is the spirit that is developed in a true physical culturist. He knows no defeat, and the most "grand and glorious feeling" in the world is to triumph in the toughest battle.

OUR GREAT DISPLAY.

The first open meeting of the National Health Promotion League was an unbounded success. In fact, so pleased was everybody that arrangements are made for a repetition on December 9th. The beautiful dancing by the ladies of the Walker Ballet School, and the wonderful feats of strength and exhibitions of defence and physical development by the great athletes who appeared, were an inspiration to all present. I know personally that many new enthusiasts were made at that meeting—men and women who saw how they, too, could get the best out of life by paying just a little attention to their physical condition. Once we do get a person properly into our movement, he is there permanently, for he soon learns what a fine thing it is to be thoroughly fit and well, and in addition how easy it is to remain so, by exercise and natural living.

CANCER IS PREVENTABLE AND CURABLE IN ITS INCIPIENT STAGES.

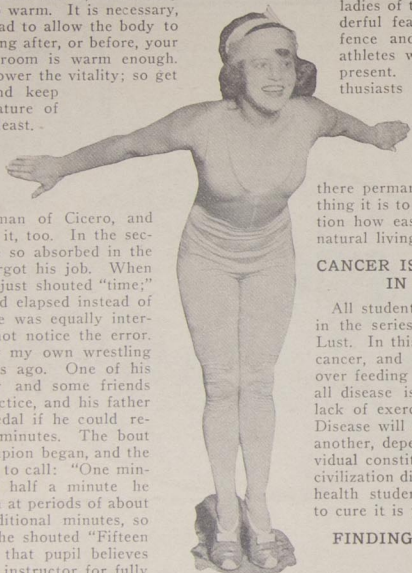
All students of health will be intensely interested in the series of articles begun this month by Dr. Lust. In this issue he deals with the true causes of cancer, and shows how it is chiefly the result of over feeding on proteid foods. Really the cause of all disease is poisoning set up by overfeeding and lack of exercise; in other words, by wrong living. Disease will attack some people one way and some another, depending on the "weak link" in the individual constitution. Cancer is a good example of a civilization disease, and it ought to be obvious to any health student that the only way to prevent it and to cure it is to counteract its causes.

FINDING THE PHILOSOPHER'S STONE OF HEALTH

No matter how long our great medical professors search their pharmacopoeas they will never find a way of beating Nature's methods of prevention and cure. The most elementary need of animal tissue is living food. All the minerals necessary to the human body can only be assimilated beneficially when they are taken contained in good wholesome food. When doctors look for a method of taking these minerals "neat" for the cure of disease, they are wandering away from the fundamental essentials of living matter. It is equal to the old alchemists searching for a method of transmutation of copper into gold. Nature has her own storehouses of treasure, and we have to go straight to them and help ourselves if we want them. Health is no exception. It is not to be found in any drug or crude chemical element, but in one's own life lived in accordance with Nature's laws.

HOW TO STERILIZE THE UNFIT.

You will all enjoy the article on "Sterilize the Unfit," by the famous gynaecologist, Dr. Norman Haire. The question



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Ida Schnall, the Charming Lady Champion Swimmer and Gymnast, about to embrace her beloved element, the water.

of eugenics is now a practical one, and it is fast becoming the recognized duty of all parents to see that they bring into the world only those children which have a full chance of health and fitness. The scientific method of sterilization of the unfit mentioned by Dr. Haire solves a difficult problem because it allows for the natural satisfaction, and does not require the cruel segregation proposed by early eugenists. There is a movement now on foot to prohibit the marriage of individuals who cannot show a clean bill of health. It is a revival of an old movement that will probably never come to anything because it involves the robbing of individual liberty. But to make sure that those with undesirable hereditary qualities do not reproduce, by making it physiologically impossible for them to do so, while still permitting the functioning of their emotions is both humane and the practical application of the science of eugenics.

EUGENICS NOW A PRACTICAL SCIENCE.

But the true science of eugenics is one that every person can and should apply. The haphazard bringing of children into the world without any thought for the opportunities that should be given them, without any consideration for the mother, and as a result of passion instead of desire, can cease here and now. It is possible by scientific conception control to give free expression to the feelings and emotions, and allow conception only when health is at its highest point and when the desire for the babe is strongest. This is a practical and common sensible way of increasing the healthy population, and it is the only way that the science of Eugenics can be applied successfully, because it brings home the sense of the individual's responsibility to the human race—the parents' to the children—and husband and wife to each other.

SO-CALLED HEREDITARY DISEASES WHICH ARE CURABLE AND PREVENTABLE.

Let me, however, sound a note of caution against any narrow view of Eugenics. Many of the diseases of civilization—physical, mental and moral—have not been cured by the orthodox methods of healing, and consequently, when they appear in both parents and children they are looked upon as hereditary, with only sterilization as a remedy for their extermination. There is grave danger in this. I have seen with my own eyes such diseases as Tuberculosis, Cancer and Epilepsy cured by Nature's methods. These are the very diseases mentioned by the leading Eugenists as sufficient reason for sterilization. The truth of the matter is that even when there is a hereditary tendency to these diseases they will only appear under conditions favorable to them; that is, through eating degenerated and demineralized foods, by overeating and underexercising, and lessening the normal alkalinity of the

(Continued on page 214)



Latitudes

By Warrington Dawson

Author of "The Gift of Paul Clermont"

VI.

ON JUDGING PEOPLE

Socrates has observed that a man who is disappointed in others shows he was not capable of judging. But I have often wondered if any among us is really capable of judging anybody at all, because we are unable to know. We can respond if deep finds deep or shallow meets shallow; beyond this, and short of it, we may learn phases of character.

Or perhaps facets would be better. When we know a person slightly, we have seen dozens or scores of facets; when we know well, we have seen hundreds of thousands. But should we have seen millions, we can still base conclusions only on those; and new facets, new combinations are likely to spring before us. Mere man with his physical faculties can no more see them all at once than he can see all the surface of a ball; even where he can look through, as with crystal, much that he observes is distorted by the fact he looks through, and not directly at the object.

Some people are rough-hewn gems with a limited number of frank sides and sharp edges; others are smooth as marble spheres and have intersecting planes as innumerable. But with all alike, man must remember that while he is busy observing one set of facets and drawing conclusions, other facets now turned from him, previously explored or still undiscovered, are grinding off their edges or breaking into new surfaces under contact with life.

Through ignorance of this, and because there are fond beliefs about "penetrating" character, sudden revelations burst between friend and friend, or husband and wife, or parents and offspring, after twenty or thirty years spent together, and provoke disasters. All they knew before may have been as true as what they now learn; but they had seen only part of the facets.

So, when weighing the qualities of a man, I try to look squarely at the facets he presents—to remember the others I have seen—and to draw an estimate which seems fair.

Our Great Health and Life Campaign

Fine Success of First Open Meeting of the National Health Promotion League

ON Friday, October 20, the first open meeting of the National Health Promotion League took place at the Chicago South Side Armory. It was a great evening. The band of the 131st Infantry played stirring overtures that made excellent preparation for the other items.

Ballet Dancing

Colonel Francis Allen, who presided, gave the program a send-off in a speech in which he drew attention to the importance of the great physical culture movement. Rosario Viso, Marie Kobleski, Caroline Doerlan, Edna Fantl, Julia Ryberg and Hazel Chadwick, of the Walker Ballet School, gave a charming interpretation of "The Joy of Spring," which was very much appreciated. Miss Hazel Seavey gave an exquisite solo dance.

Ju-Jitsu

Mr. Bernard Bernard, the editor of HEALTH AND LIFE and Featherweight Wrestling Champion, was next introduced amid clapping and cheers. He demonstrated how easy it was to put a roughneck out of action by means of a few ju-jitsu tricks. He chose a member of the audience to practice on, and caused much amusement by throwing this stranger over his head, twisting his arms into all manner of positions, and inconveniencing him generally.



At the Health and Life Display Bernard Bernard showed how easy it was for him to throw somebody over his head, and told us that it was just as easy for us to do so. A gentleman from the audience tried it, as you see above. The idea is to catch a man's arm as he shoots it out, turn your back to him and bend, and he will shoot over your back.

Nate Slott, the Featherweight Champion Boxer of the Middle West, gave an exceedingly clever display of boxing with his partner. The audience appreciated the scientific maneuvers of the champion, and would have liked to have seen him in dead earnest.

The Art of Keeping Fit

Mr. Jack Ward and Max Cichon gave an exhibition of "Keeping the Business Man Fit." This item was particularly interesting to the business men present because it showed the methods used at the famous Postl Health Club. Mr. Ward took the part of the busy business man, and Mr. Cichon the part of the instructor. By a series of movements in which Mr. Ward was being resisted and directed by Mr. Cichon, they showed how all the chief muscles of the body were exercised efficiently.

Mr. John H. Kraft, of the Illinois Athletic Club, had a round with Bernard Bernard on the mat, in which both wrestlers went at it with vigor and skill.

Feats of Enormous Strength

Then came a sensational challenge by Max Cichon for the middleweight title of "World's Strongest Man." He offered them and there to test his strength by meeting anybody in the audience at a rough and tumble combat, the survivor to be declared the winner. Nobody there was brave enough to accept this kind offer, and you would understand why if you could behold the tremendous muscles of the challenger. So Cichon extended his challenge to Jack Dempsey, Battling Siki, Zbyszko, "Strangler" Lewis, Arthur F. Gay and anybody else in the world.

To show his enormous strength he lifted to arm's length two men, one in each hand, and walked around the ring with them. He resisted with his grip a tug-of-war between six big men; and then swung around three men on a bar which he held on his shoulders.

Our Editor on the Objects of the Campaign

The Editor of HEALTH AND LIFE took advantage of this opportunity to say a few words in regard to the object of the campaign. He asked Max Cichon to pose and show his muscles, and then told the men present that the possession of such glorious strength and development was attainable by them all. He hoped that what they saw there that evening would inspire them to take up this grand hobby of the cult of the physique.

He said that although they had seen some of the world's greatest athletes in action their chief object was the health of the human race. He said that there was no reason for illness and disease if only people

took a little trouble and learned how to live properly. Exercise was necessary to everybody, but more than mere exercise was necessary to perfect health. Very few people know anything about eating, what to eat and how to eat. Most people ate degenerated, demineralized, refined foods on which it had been proved that animals could not live. The object of the campaign was to bring about a happier, healthier and stronger humanity.

Wrestling

Ernest Kartge, former Light Heavyweight Champion of America, then gave a brilliant wrestling bout with Max Cichon, in which the old champion showed all his skill as a grappler. Then followed four tough boxing bouts.

The "Tit-Bit" of the Evening

The "tit-bit" of the evening was an unexpected challenge by Sergeant Swimmer, the regimental "dark horse." He challenged Bernard Bernard to a one-fall bout, and Bernard accepted. The bout—of ten minutes—finished, however, without a fall, but it was crammed full of exciting moments. The men both closed on each other immediately, and were soon twisting and rolling from one perilous position to another. First Bernard would have Swimmer in danger, and then by a clever maneuver, Swimmer would reverse the position. The crowd shouted and swayed as the wrestlers swayed,

(Continued on page 208)

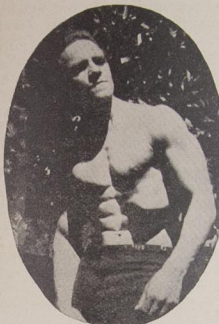


VIRNA HARMAN WALKER, whose pupils gave an exquisite dancing item at the Health and Life Display.

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DR. B. LUST, FOUNDER AND PRESIDENT

Timely Truths on Human Health

By Simon Louis Katzoff, M.D., L.L.B., Ph.D.

THERE is no man or woman so busy that he or she cannot find at least five minutes' time for physical education or physical training every day. What good is all our learning, accumulated riches and honors, if, because we do not take care of our bodies we suffer and die before our time? What are "epidemics" if not the inevitable expression of Nature, or her periodic "house-cleaning" because of lack of proper exercise, negligence or debauchery in general?

This is a paragraph picked out at random from Dr. Katzoff's excellent volume, "Timely Truths on Human Health."* It is just rich in such timely information, and there is not a subject of deep concern to both health student and health seeker that does not seem to have been dealt with absolutely thoroughly.

Dr. Katzoff has made a departure from conventional literary makeup by including in his book the valuable opinions of the leaders of various movements. For instance, on the subject of birth control, he has induced Dr. Mary Scharlieb and Dr. Louis I. Dublin to state the negative view, and Margaret Sanger and Dr. S. Adolphus Knopf to state the affirmative. Then he has in each instance made his own comments.

An Advocate of Medical Freedom

Such procedure is in entire harmony with the general character of Dr. Katzoff, for he has always advocated medical freedom and liberty, and has done yeoman service in keeping enthusiasts sane by insisting on the necessity of tolerance and the uselessness of destructive criticism.

But let me direct you a little further to the gems of his thoughts, so that you may gather for yourself some of their tremendous helpfulness. He goes on to say:

How to Acquire Physical Development

"Good physical development is a thing that can be acquired in almost every case by intelligent, continuous training. The measure of one's development is determined largely by the amount of effort exerted in acquiring it." The heavy type is mine, because I want to emphasize the sentence. Dr. Katzoff has stated here the very first principle that every physical culturist ought to bear in mind and never forget; for he will read dozens of articles telling him to forget it. But the truth which Dr. Katzoff has stated so clearly, is just the very essence of biological knowledge and proven by human experience. The doctor says further: "It requires strength to develop strength. Unused muscles do not grow." These statements inevitably follow from the foregoing:

*"Timely Truths on Human Health," by S. L. Katzoff, M.D., L.L.B., Ph.D., 390pp., 8vo., price \$3.00, Health Press, Room 612, 332 Plymouth Court, Chicago.

"Exercise does many definite things for our bodies. It modifies the action of the heart, increases bodily heat, promotes the appetite and stimulates the assimilative processes. Systematic exercise normalizes the blood pressure, as it does all other bodily functions. Exercise will cause an increase of oxygen in the lungs, carrying off in return carbon dioxide gas and other such accumulated waste which the body cannot utilize. Sedentary habits and neglect of exercise will favor the narrow and hollow chest. Active muscular exercise assists in the process of digestion, whereas indigestion is largely due to inertia and inactivity of the stomach muscles. Exercise further assists the eliminative organs to throw off waste from the system rapidly and thoroughly, and helps in developing bone and ligaments. Exercise of the mind is very essential, as is exercise of the will, which, when strengthened, co-operates with self control, man's intellectual and moral qualities."

People Don't Die; They Commit Suicide

Dr. Katzoff tells how so many people really commit suicide by not giving just a little attention to a few things necessary to health. Diseases are not visited upon us by angels or devils, but are the outcome of our wrong way of living.

"In the eternal struggle for existence, in this, our mad race to become famous, rich or influential, we usually lose our better self, our health, and life itself. Many a man, after years of hard work and scheming, when he is just on the verge of reaching what is popularly considered 'success,' lies down and dies, or 'compromises' with Nature by becoming an invalid with a chronic case of Bright's Disease or Kidneycide. In other words, the kidneys will stand for debauchery and abuse on the part of their neglectful owners no longer, so they call out 'halt,' and then you suddenly cease your activities or cancel your 'important engagements'—that is all."

"Homicide is punishable under State Law, but kidneycide, a crime against one's self and society, goes free. It runs amuck and we do not make a true effort to stop it. When a person makes a glutton out of himself he commits kidneycide."

The Cause and Cure of Bright's Disease

"The kidneys are vital organs and cannot be impaired to any extent without serious fatal results. Many cases of Bright's Disease develop and pass to a fatal close without ever experiencing any distress in the back. Bright's Disease is usually a disease of the ultra robust, a disease of the man who eats everything he wants, and all he wants, smokes all he wants, abuses his body

all he wants, and says, 'it never hurts me.' It is a disease of people who are unfortunate in not being affected immediately by their bad habits, but with whom Nature opens an account, runs it as long as possible, then suddenly demands payment in full. Bright's Disease usually develops in strong men who would, under careful habits of living, attain an age of from one hundred to one hundred and twenty years.

"The diet,' in Bright's Disease, should be that which will keep up the nutrition with the least possible work upon the kidneys. Fruits and certain vegetables should form the chief articles of diet, although no rigid system of diet can be formulated for all kidney diseases, nor for all stages of any form of nephritis. Some of the forbidden or undesirable articles of food usually are sugar, ices, pastry and sweet foods generally; new bread, butcher's meats, beef tea, meat essences and strong soups; re-cooked meats, stews, hashes and meat generally; potatoes, peas and broad beans.

"Almost all cases of Bright's Disease are curable if taken in the early stages. If the patient can be induced to give up his old habits and live consistently with good kidney health, the degenerative process can be checked and a wholesome equilibrium be established. But if the patient follows these beneficent directions grudgingly or listlessly, as if he did the world and his wife a favor, he is doomed."

The Germ Theory Exploded

Those who still believe that germs cause disease will find some interesting facts in Dr. Katzoff's book which will show them exactly what part germs do play in health and disease. The doctor quotes Virchow as saying "Microbes are always found where there is disease. They are also found where there is no appreciable disease, and maybe the result and not the cause of disease." This sentence is given to show that even the greatest apologist for the germ theory did not believe that germs solely were the cause of disease. We know that germs are not "always found where there is disease, and looking for the germ on the part of the physician, instead of attending to the patient, is most regrettable.

Eating Disease Germs to Show That They Do Not Cause Disease

To show that the body itself is resistant to disease germs, unless they are artificially introduced into the system, Dr. Katzoff says: "At one dose Prof. Pettenkoffer swallowed several millions of the comma bacilli (germs of Asiatic cholera). Prof. Emmrich repeated the experiment a few days later by swallowing a culture containing many millions of cholera germs. For more than a week these professors had

in their elementary canals countless millions of the real cholera germs, the lineal descendants of the comma bacilli, taken from the intestines of persons who had died of Asiatic cholera, still neither of these physicians suffered from anything like cholera; neither did either of them experience any appreciable effect from the large quantities of active cholera germs swallowed. The ludicrous aspect of these experiments was emphasized by the fact that while North and South America were in a state of hysterical panic through fear that the comma bacilli might gain entrance in this country, and while a number of eminent physicians were kept busy explaining to the frightened public the fearful results that would surely follow from the presence of these "germs," two professors were walking about attending to their duties while harboring in their bodies countless millions of the "deadly" cholera germs."

So, by sound and balanced argument, does Dr. Katzoff show to his readers clearly how disease is the result of haphazard methods of living, eating—yes, and thinking. If only men and women would not make gluttons of themselves, and give their bodies exercise and hygienic surroundings, and were sincere so that they would have love in their lives; and if they taught their children these things, the world would soon become a healthy, happy and beautiful place for us all to live in.

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Our Children Must Be Told

By T. W. Standwell

A TREMENDOUS discussion has raged recently as to whether sex education should be given by teachers in schools. There are still many people who think that imparting sex facts to children is filled with danger, and may contaminate their minds prematurely.

Such people forget that their children are sure to hear references to things sexual at some time or other, and that such information will either come from unwholesome suggestive so-called humor, or from ignorant prattlers, usually themselves trying to glean a little knowledge.

I grant that a great deal of damage can be done even by school teachers who may not be fitted for imparting the information in a wholesome way. As a matter of fact it requires a special quality to treat the subject satisfactorily with children.

The Need for Sex Education Is Undoubted

But the need for sex education is undoubted. My friends, I could chill your blood with harrowing stories of the anguish that has been suffered in silence by young people, victims to ignorance. We grown-ups have a habit of forgetting our childhood days. We forget the problems which harassed us, and made us unhappy. If we all remembered, there would be no doubt as to whether sex education was necessary.

It is, however, the method by means of which our children should be taught that really puzzles our education authorities. The sex functions have become so bound up with morals that it is thought that strong moral teaching which raves mysteriously and abstractly about "Sin" is going to stop bad sex practices. And it is exactly because such teaching has failed that we have this doubt as to the efficacy of sex education.

I do not say that there are not moral issues involved; there are. There are in all health and voluntary physiological functions. But there is the physiological side, and the biological side of the question, and it is just because these have been neglected that sex education has been inefficient.

Our Inherent Sensitiveness.

We are all somewhat sensitive over the sex question. Perhaps it is good to be so. This is, however, what is responsible for our round-about way of dealing with it. Something within us seems to hold us back from saying just what we mean, and in dealing with the functions in the same manner as we would with digestion or circulation, for instance.

That is all to the good, and shows refinement. But it must not be allowed to govern us too far, especially in teaching our children the things it is necessary for them to know.

The real reason is, however, that it has become orthodox to spurn physiology and biology. These two sciences could be taken by a skilled teacher, and, without any insinuation, the plain, unvarnished truth of life could be told. It would make a beautiful story, too, and it would not be necessary to deal only with plants and lower animals, and miss out the human being, or allow the child in its solitude to piece together the human story. Such a practice, I know, is generally considered good. But why leave the child to fathom for himself just that one part that he needs to know above all else?

The Story of Human Birth

Surely it is just as clean to tell the youth straight away that human beings are divided into males and females, which he can see for himself; that reproduction is the method by means of which man has become immortal on earth; that the male produces the fertilizing element, and the female the egg; that in fertilization a cell from the male coalesces with the egg of the female, and that this is the actual birth of a new human being.

But tell him more than this. Show him that man as he is today is the product of a process of evolution that has taken hundreds of millions of years. Yet he has the power within him to reproduce that development within a few short months, and that any unnatural tampering or interference with that sacred function is going to injure his own development and the potential life he holds within him.

There is another side of the question that must be taught, and must be understood even by grown-up people. That is, that the physical health greatly aids or destroys control. When you see a youth who is listless and weakly, you can be fairly sure that he suffers from bad habits. He is sickly because of these habits; but please do remember that he also has these habits in great measure because he is sickly. He needs not so much moral preaching thrown at him as good active exercise. If his food is poisoning him and irritating his nervous system, it is aggravating his desires, and even when he does not voluntarily succumb he suffers drains in other ways.

Physical Recreation as a Moral Factor

Athletics, gymnastics and physical recreation have done more for the moral cleanliness of the human race than all the moral treatises that were ever written. What we want now is to work out a sane and scientific sex education, freed as far as possible from abstract morality, but making clear the intense importance of self control and purity.

To read most of the so-called authorities on sex education, one would imag-

ine that it was an effeminate thing to have a regard for virtue. It should be made clear to all youths that real manly men, those who do the most valiant deeds and perform the greatest work in life are only those who have triumphed over their weakness — especially sex weakness.

That is why this HEALTH AND LIFE magazine is of such an uplifting nature. Every page of it spells cleanliness and manliness; it is made obvious that only those who conserve their energy for producing work worth while are those who succeed in life, and that a good physical development and strength and mental efficiency are only built up where there are no unnatural drains.

Yes, we need sex education badly, not only in our schools but among grown-up people, too. But it wants to be of the right sort; of the sort that will produce manly men and womanly women, those who will be too strong and too proud to bow before that which is mean, dirty or unhealthy, and brave enough to fight the great fight of life with cheerfulness as well as tenacity.

The True Causes of Cancer

(Continued from page 194)

serve people with cancerous diseases and to question them as to their modes of living. And I always found this: Accumulation of winds due to many years' eating of legumes, heavy bread and wind-producing vegetables, as well as of large quantities of undigested, decomposing albumen-stuffs. The patients themselves had often the sensation as if, in their living bodies, they were rotting from inside out.

Three gentlemen I met had a great liking for legumes and preserved beans, etc., furthermore for heavy dark breads, i. e., all wind-producers. The same cause was stated to me by several women ill with cancer. Others had been eating principally meat and eggs. A gigantic livery man had for years filled his organism with two liters of milk rich in albumen every evening.

We therefore see that decomposing albuminous stuffs and wind-producers are the true causes of cancer, and that in case of correct nourishment it would be an impossibility. The healing possibility lies also only in an artistically conscious diet, it being necessary to know exactly the effect of each single dish. Under all circumstances, diet is the root of all health and all art of healing, and I wish heartily that all of you will readily participate in my life's experiences, so that you may be freed from much suffering and spared any further evils.

MANHOOD

When a youth is emerging into manhood's estate, he is assailed by dangers which few have the courage to warn him against. Yet the whole success of his life depends upon his knowledge of these things. He will gain knowledge, undoubtedly, but it will be that which is contaminated if it does not come from wholesome sources.

If ever there was a need for a sound book telling the young man all that he needs to know, that time is now. The editor of "Health and Life" has satisfied that want by writing his great book on "Sex Development."

It is a very human document, being, as the

author himself says, the knowledge which carried him through successfully to clean manhood.

Every man, of any age, ought to be acquainted with all the details in this book; there would then be less tragedies, less misery and unhappiness and less disease, and there would be more efficiency, cleanliness and purpose in life.

WOMANHOOD

Every woman ought to know the facts of life; if she does not, she is in grave danger. It is a little slip which may hurl her into the abyss; and it is a little knowledge that will arm her for her battle through life. In "Sex Development," Bernard Bernard has dealt with sex facts so beautifully that every woman can read with interest and inspiration the great story of the book of life.

There is not a passage in this book that could injure the susceptibilities of the most refined young woman, yet all that is necessary is contained in it.

Written in Bernard Bernard's own unique

style, bearing an abundance of knowledge, it also has that intense sympathy with the struggles that we all have to face. This book is a masterpiece. It gives light and understanding, and you need to read it.

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Enquiries will be answered through these columns free. Readers should give a non-de-plume; where this is not done, the initials will be used. Those desiring an answer by return of post must enclose 25c to cover cost of postage, paper, etc.

J. R., CANADA.—All bending and stretching exercises tend to increase the height. There is a particularly good set in "Health and Fitness," obtainable from our publishing department, price \$1.75. Do these exercises morning and evening. When you are walking about, pull in your chin and hold your head erect. Another exercise you ought to try is hanging from a bar and then do twisting motion with your body. The Pandiculator Method is a good one, and if you write to the Pandiculator Company, 3880 Prospect Avenue, Cleveland, Ohio, and mention HEALTH AND LIFE they will undoubtedly deal specially with your case. It is better to give up smoking.

(Miss) L. N.—I understand your trouble perfectly. You have a tremendous fight to make for your future happiness and that of the man who will one day be your husband. Just continue to fight hard to control your passions and be under no circumstances allow anybody to be too intimate with you. This is not repression, but control, and will not harm you. Read my book, "Sex Evolution," it will help you considerably, and will tell you many things that you ought to know. Could you not join some club, where you would meet some good girl companions, or have you not a particular boy who is clean and of good intentions, whom you could make happy by being a true companion to him? You should take up physical culture seriously, for it will help you a great deal. Eat little meat and take plenty of salads and fresh vegetables. Get a copy of "Health and Fitness" and follow the course of physical culture given in it conscientiously. Please keep in touch with me, for I am interested in you and want to know how you get along. If I can be of any further help, please let me know.

G. B., IOWA.—You need not worry yourself about your dreams, especially as they are not of the nightmare kind. People dream from various causes, such as eating a heavy supper before going to bed. Others are of an imaginative type, and dream at night of the adventures they cannot have by day. There is a great deal of rot written about dreams.

M. G.—You could, with great benefit to yourself, take up a course under Mr. T. W. Standwell, for he has specialized in such cases for years, and I know he can succeed in putting your condition right, providing you follow his directions.

WORRIED.—To reduce your weight you must be careful not to mix starches and proteins at the same meal, and limit the quantity you take of them. Take fresh salads instead. Avoid all messy foods and fats. Your sister should read "Sex Evolution." Abuse is nearly always due to ignorance. Get her interested in HEALTH AND LIFE, and to take up physical culture as a hobby. You should write me more fully.

F. J., ELIZABETHTOWN.—Your difficulty is no different from that of thousands of other people which is my reason for writing the articles and books I have written. Endeavor to get your wife to read "Sex Conduct in Marriage," I am sure that she will see the same thing as we do if she can be persuaded to read it without bias. Perhaps it would be easier to get her to read one of my articles in HEALTH AND LIFE first. In the meantime, continue to express yourself to her, being careful to avoid direct physical excitation until she shows signs of response. It is, however, her ideas on the subject which must be overcome, for it is evident that she is determined to allow herself to experience no passion.

J. G. M., SINTON.—Alfred Danks is champion at stretching strands on a Chest Expander, not at chest expansion. Robert Rice of Australia has the greatest expansion of anybody I know, and he manages 16 inches.

G. M.—Your diet is greatly at fault. Omit coffee and sandwiches, and limit your proteins, taking salads instead. You must exercise if you wish to be fit. Diet alone cannot make you strong. Be sure to get at least eight hours sleep every night. Take a bath or sponge down every morning and follow it by a brisk towel-bath. Then do the few morning exercises given in "Health and Fitness." Go in wholeheartedly for Physical Culture. When you have developed a strong and healthy body you will feel as fit as a fiddle, and will not know what it is to be embarrassed.

Some People Are Half Blind and Do Not Know It

(MYOPIA)

By Dr. Arthur P. Knefel (Optometrist)

[It is a fact that many people are half blind and do not know it. They strain their eyes, get headaches, and never see things as they really are. Attention to the eyes will preserve them and improve both health and beauty.—Editor.]

WHILE shopping in Chicago recently, in one of our large department stores, I noticed the clerk who waited upon me seemed to have difficulty in selecting the articles which I wished to purchase. I noticed that he was obliged to hold them very close to his eyes. He also showed that he was under a nervous tension. After the purchases were made, realizing that

Myopia, short-sightedness or near-sightedness, is, as stated above, that condition in which the eye, when perfectly at rest, is focused for divergent rays and in which parallel rays entering through the cornea are united at a point before they reach the retina behind. This condition causes the retina to receive dispersion circles from far objects, and consequently such objects appear indistinct. Near objects are seen clearly and without accommodative effort, but prolonged convergence is often made irksome by weak internal recti muscles.



A woman's eyes reflect her health and beauty. Miss Billie Oetzel, who is renowned for the beauty of her eyes.

the young man was greatly handicapped, I ventured to ask him a few questions. Being an Optometrist, I felt it my duty to do so. This case was just one of many thousands who accept conditions, being unaware that there is any relief for them. I asked the young man how it would seem to him to be able to distinguish articles or objects at a distance. He manifested some surprise at my remark, as the thought had never occurred to him before. As he did not seem to be busy at that particular time, I asked him if he would like to have me explain his condition to him. He asked me for an appointment in order that a thorough examination could be made of his case.

A Case of Short Sight

This case is technically known as Myopia, derived from the Greek, meaning to close the eyes.

Myopia is a disease of civilization, it being seldom found in uncivilized countries. It is generally hereditary, but is often acquired by young children when compelled to do close work by insufficient light. The technical explanation for this defect is the focusing of the parallel rays of light in front of the retina instead of on the retina itself.

long in comparison with an emetropic, or normal, eye.

A high degree of Myopia, when found in youth, and not detected or corrected, has a tendency to cause blindness in later years. The use of glasses for distant objects will generally, at once, prove a boon to the short-sighted person by the pleasure which he receives from the consequent widening of his visual horizon.

The Myopic child has no curiosity to explore a world which he sees but dimly, and his habit is to curl himself up in a corner and pore over books. Is it not better to have the child's eyes taken care of by one equipped to do so, or would you rather have the child go through life missing much of nature's wonders? And that is not all, the health of the child is also impaired. I

had a Myopic patient say to me that she was greatly surprised at the difference glasses made in her vision. She thought that all people were alike as far as vision was concerned.

Don't Strain Baby's Eyes

Infants should be given playthings sufficiently large so that they will not strain their eyes in order to see them. Parents should never allow babies to look over their heads, as cross-eye, or strabismus, is liable to be the result. In a high degree of Myopia the full correction is prescribed for distance, and about two-thirds correction for near work. The reading glasses should be such as to enable the patient to read at a comfortable distance, say 13 inches—33cm.

It is a fact that the percentage of people afflicted with Myopia is high, and will continue to be so to the end of time unless educational measures are adopted to effect a common understanding of the affliction.

The Result of the Health and Life Development Competition will be announced next month.

Sterilize the Unfit

(Continued from page 192)

potency and by considerable improvement in general health.

I hope the time is not far distant when any individual who considers himself unfit for parenthood may apply at a public hospital for surgical sterilization, with a reasonable prospect of having his request granted.

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Are Your Children Well Formed?

(Continued from page 187)

Adenoids, by preventing proper nasal breathing and the filling up of the lungs is another link in the causation chain of pigeon-chest. There again the same forces operate to drive in the chest walls, particularly in the weak and soft places.

Thus there is, from the fundamental error of wrong and faulty feeding, a vicious cycle set up, passing from one stage to another until often a serious deformity is reached; neglect to take it in time often intensifying the trouble. That wrong feeding and child neglect is the principal cause of rickets is abundantly proved by the terrible prevalence of the disease amongst poor children, and especially in the industrial towns of Lancashire, where ignorance of infant management and general hygiene is very great indeed, and I estimate, after close contact for years with children in one big manufacturing town, that there are at least five thousand pigeon-chested children there under twelve years of age, a very serious state of affairs.

The Prevalence of Chest Deformity in Different Countries

The prevalence of pigeon-chest appears to vary in different countries. I was engaged in making investigations into the physique and deformity of children in various countries, until the outbreak of the war. As far as I have gone it appears that Germany, United States and Great Britain have the unenviable notoriety of the most child deformity, especially pigeon-chest. In Norway, Sweden and Finland the chest deformity is not nearly so prevalent; in fact, in Sweden and Finland—the homes of medical exercise—where I have had the pleasure of studying and investigating—no treatment for pigeon-chest was shown in the text books, and it was my great pleasure to give my pigeon-chest treatment as far as I had gone, to several doctors of medical gymnastics at their institutes in those countries.

The mention of treatment brings me to an important point. It may well be asked—can pigeon-chest be cured, and at what age is it curable and what age incurable?

I am pleased to be able to answer these queries by stating that by a combination of deep and special breathing, chest expander, special chest movements and graduated weights on the chest, there is hope for a cure in cases of pigeon-chest up to the age of twenty-five, and a certainty of cure up to the age of seventeen, assuming, of course, that treatment is persisted in and carried out regularly and daily. The time taken to remedy varies much with the age of the patient and the severity of the deformity. A very pronounced case in a child or young person will take from two to three years to remedy, whilst a mild type will require from one year to a year and a half to those

who think that this is a very long time I would ask you to remember that treatment has to be very gradual indeed, so as not to injure the vital organs, the heart and lungs, which lie underneath the parts to be worked upon.

Pigeon-chest is always accompanied by weak and often diseased lungs. Indeed, one of the causes of the deformity is the fact that the lungs are weakly and undeveloped, and in adenoids the lungs are always also weak and the chest either hollow or flat, and as stated before, adenoids is often a concomitant feature of pigeon-chest.

Many Pigeon-Chest Cases Become Consumptive Cases

Many cases of pigeon-chest are consumptive cases later on. If consumptives are examined in a sanatorium, many are seen of pigeon-chest. This should be sufficient warning of what neglected pigeon-chest will probably lead to.

A well-defined case of the deformity shows that the back-to-front diameter is deeper than the lateral diameter, whereas in the healthy chest the reverse is the case; consequently the lungs will be prevented from expanding laterally just at the place where the greatest expansion should be. It is thus easy to see how lungs so cramped must become weak and eventually diseased.

But after all, the greatest thing is prevention. We shall always have disease and deformity whilst such ignorance is abroad on infant management and welfare, and whilst so little or no attention is paid to the scientific physical culture and remedial treatment of school children.

It has needed a great and terrible war to teach us many things, and those of us who interest ourselves with the physical side of life, especially child life, hope and trust that in the future, the preservation of the children's health and physique shall be one of the great things that really matter. If it is not done, then I, for one, tremble to think of humanity's future. And we have no time to lose; several ominous signs I see already.

Our Great Health and Life Campaign

(Continued from page 200)

and enjoyed one of the briskest wrestling bouts seen in Chicago.

It was a great evening, and so pleased was everybody with the show that a second meeting has already been arranged for December 9 at 8 p. m. Readers of HEALTH AND LIFE who are anywhere near Chicago should not miss this great opportunity to witness the grand work being done for the physical upliftment of the race, by the Health Promotion League.

Promoters of the Meeting

The meeting was arranged by 131st Infantry A. A.: Colonel Francis M. Allen, Captain F. J. Fitzpatrick and Captain James P. Tyrell.

National Health Promotion League Committee: Bernard Bernard, chairman; S. H. Martinitz, secretary; Dr. Francis Petersdorff, Charlie Postl, Anna K. Told, Dr. V. G. Rocine, Dr. F. Leavitt, J. Maxwell, Nate Slott, Dr. Gideon Dietrich, Dr. C. H. Morton, Dr. Harlan Tarbell, Avery B. Balch, Jack Ward, Max Cichon, Ernest Kartge, Dr. Jas. Kaye, Mrs. Leona Krag and Dr. T. J. Allen.

HEALTH AND LIFE Magazine: Rosemary Preece, managing editor.

CUTTING DOWN HIS SMOKES

"All the medicine in the pharmacopoea can do nothing for you," said the doctor, "you need a change of living. Go down into the country, live on good, wholesome plain food, go to bed early, drink plenty of water and milk and smoke just one cigar a day."

After a month the patient came back looking like a new man.

"Yes, doctor," he said, "your advice has done me a world of good. I did exactly as you directed. But say, that one cigar a day nearly killed me at first. You know, it's no joke learning to smoke at my time of life."

THE EDITOR'S FREE HEALTH ADVICE FORM

The Editor of "HEALTH AND LIFE" will be pleased to answer questions and give free advice through the columns of the magazine. Readers requiring a personal reply by letter, however, must enclose 25c for postage, paper, etc.

Name (Mr., Mrs. or Miss).....
 Address.....
 Age..... Occupation.....
 Height..... Weight.....
 Complaint.....
 Duration of Complaint.....
 What exercise do you do?.....
 What do you eat for Breakfast?.....
 Lunch?.....
 Dinner?.....

On another piece of paper state tersely, but in detail, the peculiarities of your case.

To the Editor "HEALTH AND LIFE"
 333 S. Dearborn Street, Chicago

FAULTS OF MORAL TEACHING

One of the chief causes of a young man's undoing, physical and moral, is that there is so little real help offered him of which he can avail himself. There are earnest people who seriously believe that vehement denunciation of certain acts is the only possible deterrent. There was never any conception so foolish. Practices which in excess affect the health to its detriment often begin to depress the victim of these practices. Mental depression is no restorative of physical debility, and the general condition of the victim is only made the worse, and the less able is he to resist the habits he has contracted.

The more to be regretted is it that this moral denunciation only serves to make him regard his condition with such shame that he is reluctant to apply for remedy because that entails revelation of what he has been told is his sin. In nearly every case, let the young be scientifically enlightened, instead of being served up with moral maxims which teach them nothing, and only aggravate their physical condition by depressing them mentally.

Some, in their despair, have what they have been taught to consider as the shame of exposure by applying for help. Let those who hesitate know that those who have done so are to be praised for their moral courage. Let them reflect that their inability to fight against the evil is due to physical weakness, and not to moral depravity. When the general health of the body is restored the weakness will disappear.

The following case, I think, will bear out my point—

"I am laying before you a statement that has never before been told, and never will again be told to anyone beside yourself. The plain and bitter truth is, that I have been addicted to the habit that you have written so much about, and only the hope that prompts me to write these lines keeps me from some desperate act in my despair. I have read your book, and it has raised my hopes to such an extent that I have decided to ask your help and advice.

"Let me here say that I am thoroughly ashamed of myself and my weakness, but though I have fought against it, and reasoned with myself, my resolves have been broken again and again. Sexual matters were very little known to me until I left school, and commenced work in an office. There I learnt a good deal regarding sex, and the habit I have come to know too well was first mine has been a life robbed of its joys, just through lack of practical knowledge. Time passed, and I found myself no nearer to the man I had hoped to become.

"Shortly after the war began I enlisted at the foolish age of 16, and served my country for some 4½ years, during which time I regret to say the habit grew worse.

"Army life presents many formidable temptations to one such as I was. My folly held me in its grip, and at times even the shadow of the firing line didn't beat it down. Forgive this account of my doings out there. I mention it only on account of the main subject. I consider myself fortunate in reaching home as I did, and my ambition became to be a man, and in all senses of the word to be a credit and a comfort to my parents. If I conquer this habit there will be no doubt about my resolves.

"Various doctors attribute my nervous condition to France, my wounds, or the gas I was unlucky enough to get, yet I could never tell them my real trouble.

"My age is 21; I am very tall and thin. You will imagine how bitter it is to be called a 'man.' I have a good position, and I am a teetotaler and non-smoker. I am horribly lonely and trust to meet a good woman in the near future. Regarding my physical complaints, I am much troubled with noises in the head and ears, and inability to concentrate my mind on any particular thing; my thoughts, I am sorry to say, are far from manly, I earnestly wish they could be purified; of course, I never put them into words, I really couldn't, but surely one is as bad as the other. I am closing now, and am very eager to know your comments on my somewhat lengthy letter. With deepest thanks to the hope that you have extended to me, and I am sure that you will understand and give me your help."

Above we have the words of a young man in real mental and physical distress; a man above the ordinary intelligence but who was addicted to the habit that was surely ruining him body and soul. In his extremity, he confessed to me his weakness, and that I was able to help him I think the following letter, which was written just three months later will prove—

END OF THREE MONTHS.—"Dear Mr. Standwell,—My report this time can only be an excellent one, for I have stuck to your advice, and with perfect truth I can now say that never before was I so fit. My body is benefited, my mind is at rest, and my thoughts no longer disgrace me by wandering into unclean channels. The knowledge you have given me led me to the straight road, and your advice has—and will—keep me there. Naturally, I am deeply grateful to you, not only now, but ever for the future.—Sincerely yours—"

NOTICE.—I wish it to be clearly understood that the advice I send to my clients is not in any way controlled by something I have to sell—I am the proprietor of no patent Pills or Potions, Tabloid or Concentrated Foods, and am not out to pamper to fads and fancies. The purveyors of Drugs and Patent Foods must perforce advise their wares, and although they may make pretence at giving advice free, such advice invariably is coloured by what they have to sell, and includes the purchase of expensive goods.

I am out to make MEN in a manly way—and charge one fee only for one and all alike, and that is inclusive.

I let others tell you what I can do; what I have done for others I can do for you.

If you are a failure, suffer from Mental Lethargy; Nervousness; Blushing, General Weakness; Nervous Debility; Thinness; Sexual Weakness; or Stunted Growth and Development, and wish to become Mentally and Physically efficient, you must not attempt to cure such weakness by a process of mental gymnastics—such methods would lead only to further nervous exhaustion. The right road is to first of all stop nervous waste, conserve the energies, accumulate a good nerve reserve, and build up virile manhood. The way is not difficult—take the first step today by sending for the following books; they are the "Sign-Posts" that point the way.

"Sexual Neurasthenia" (England, Post Free 6d) & "Do You Desire Health?" (15c) (U. S. A., 15c) (6d.)

And "PROBLEMS OF SEX", Price 5/6, Post Free. U. S. A \$1.50. The latest book published on the subject.

Address:

T. W. STANDWELL, Physical Culture Consultant
 15 Southampton House, High Holborn, London, W. C. 1., England

THE PYRAMID

(Continued from page 196)

gathered together his courage to accept. When the moment came, however, he broke down, said No where he meant Yes, and left the room. He knew that not even a semblance of innocence lingered in his face; he had been caught, and had not shown the saving quality of manliness. Instinctively, he felt for the package of cigarettes delicately concealed in a deep pocket. A clear understanding of the situation of his father's kind, steadfast gaze, came suddenly to him. He hurried back to the library:

"Father, may I change my mind? I do want one of your cigarettes. I—I—I've got some of my own, but I'd like to smoke one of yours—with you."

Mr. Alayn smiled pleasantly, and held out the package. George took a cigarette, lighted it with expert fingers, puffed two or three times—and threw the thing into the fireplace.

"I'm sorry, father," he said.

There was a silence.

"I think it better for boys not to smoke; but if they have made up their minds to it, they should be frank," Mr. Alayn said. "It's been prohibited and denounced as a vice until it's been made attractive; whereas it's only an unnecessary habit, harmful for some people and dangerous if abused. Boys, you see, aren't experienced enough to judge, and so it's better for them to steer clear until they are old enough to know. I've told you that before, haven't I?"

"Yes, father."

"But I never forbade you to smoke, did I?"

George grew crimson, but his eyes did not flinch:

"No, sir. If you had, I'd have smoked years ago, like most of the boys I know. And as it is, though you hadn't forbidden it, I ought to tell you I got the best fun out of hiding it. I began last summer."

The honest look and tone could not be misread. Mr. Alayn knew that his lessons about the dangers of secrecy were recalled. He did not make the mistake of insisting, but tactfully took up his evening paper. George's lips were unsealed, however; gratitude for not having been cross-questioned and reprimanded, and also the security from interruption which he felt as he heard his mother coming and going on the floor above, made him blurt out:

"Father! Would you mind very much if I grew up to be a singer in Paris?"

Mr. Alayn dropped his paper. Perhaps he was no more astounded than was the speaker of the words. George had dreamed much, but had never phrased the ambition before.

With the self-mastery and the keen memory for detail which gave him control over the boy in any crisis, Mr. Alayn said very quietly:

"So that is what worried you? There was a woman last summer who spoke to me about your voice. She spoke to you, too?"

"Yes, father."

Mr. Alayn studied the earnest face before him framed in its unreasonably long hair and surmounting a cravat of conspicuous hue. A casual word, an accidental suggestion, from a stranger who cared nothing and had since forgotten everything, had sufficed to start forces which might revolutionize a life.

"It's the blood of the Troubadour, father," the boy said.

"George, if you grow up to be a man, you shall have my consent to follow any career you choose. But if you abide by your present idea, I shall give you a particularly practical education, so as to double your chances. Do you agree to that?"

"Yes, father."

"I have never tried to deceive you, have I?"

"No, sir!"

"Then listen. The artistic career which is mere pleasure is the most degrading of pastimes and suits only the most contemptible of people. The genuine artistic career means an unusual intelligence tied down to tasks requiring the hardest work. Work is the crucial law on earth; if it was not made the first commandment, it's because the others would be futile without it, and so it was taken for granted. Work was the command given to Adam and Eve before the other laws of life

became necessities—though man's cowardly laziness leads him to dodge it sometimes and seek shelter behind any excuse, like Adam saying the woman tempted him. And so she probably did; only it's to Eve's credit that she at least had the courage of her emotions."

George listened intently: the gist of the conversation was to remain with him in after years, and even some of the very words.

"Enthusiasm, the surest sign of temperament, reveals itself not in the shirking but in the doing of work. The boy who studies hard at school, because he loves it, is more of an artist than the boy who loafs about in day-dreams. Where both boys are inspired, we may have confidence in each; but the chances will always be that the zealous worker is nearer to inspiration than the aimless idler, and is a safer, sounder promise for honest manhood.

"Talent without work is a curse; work without talent, a duty; talent with work, a privilege."

George Alayn went to the door, opening it slowly, and closing it still more slowly after him; a moment's pause, and then he was opening it again, more slowly than ever. He came in, and stopped with his hand on the knob:

(To be continued)

THE VARIOUS MEDICAL CULTS OF HEALING

THE ECLECTIC SCHOOL

By DR. H. C. ENGELDRUM

[In a most valuable series of articles Dr. Engeldrum is telling us what the various schools of healing stand for. Next month he will deal with the Osteopathic School.—Editor]

THE ECLECTIC SCHOOL, another stray lamb from the fold, was founded by Dr. Wooster Beach and now has a recognized system. The term "Eclectic" had been used long before in a general way, but this was the beginning of its use to designate a school of medical reformers. About 1842 a reformed medical college was organized in Cincinnati, Ohio. In 1845 (twenty years after Dr. J. B. Gram started the first Homeopathic college in the City of Boston in 1825), it was incorporated and named the "ECLECTIC MEDICAL INSTITUTION." The charter of the "Eclectic Medical Institution," in 1845, contained the following clause: "Our college will be strictly that which its name indicates—ECLECTIC—excluding all such medicines and such remedies as 'under the ordinary circumstances of their judicious use are liable to produce evil consequences, or endanger the future health of the patient,' while we draw from any and every source all such medicines and modes of treating disease as are found to be valuable and at the same time not necessarily attended with bad consequences."

In 1851 the National Eclectic Medical Association adopted a platform of principles which contained the following: "To encourage the cultivation of medical science in a liberal spirit, especially to the development of the resources of the vegetable Materia Medica, and the safest,

speediest and most efficient method of treating disease. . . . That a departure from the healthy condition interrupts the bodily functions, and only the recuperative efforts of nature can effect their restoration. The object, therefore, of medication, accordingly, is to afford to nature the means of doing this work more advantageously and under circumstances in which she would otherwise fail. . . . The excluding of all permanently depressing and disorganizing agencies, . . . such as depletion by the lancet and medication of a dangerous tendency; but no system of herbalism, . . . and no objections of a mineral except from the conviction of its injurious effects."

In summing up the above system we find that it is wedded to the idea "SPECIFIC MEDICATION" and from a drug medical standpoint seems quite logical, their contention being that the tissues of different organs and other structures of the body have a varying chemical makeup or composition and in consequence have equally varying affinities for drugs administered during sickness. Through varying laboratory experiments and experiments on the sick from an empirical standpoint, they have evolved an array of remedies for their practice. On account of the precedent established by the Homeopathic cult in establishing their legal status, the Eclectics soon gained equal legal privileges.

What Better Xmas Gift Than a Subscription To THE FLAPPER

Start the New Year Right! All subscriptions received up to and including December 31st will be entered at the old rate of \$2 a year. With each subscription we will send a beautiful Christmas card containing greetings of the season from THE FLAPPER Magazine and the name of the donor. Subscription will start with the big and beautiful New Year (January) number—the magazine and card will arrive just before Christmas.

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Harmonica for the Kiddie What pleases the child more than a harmonica? Often this provides its first real introduction to the enjoyment of music. Here is a nice little harmonica made of substantially constructed brass plates, nickel plated covers, 8 reeds, 20 holes, with mahogany finish frame and in a telescope container, for only

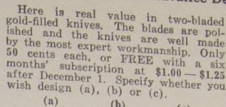
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Here is real value in two-bladed gold-filled knives. The blades are polished and the knives are well made by the most expert workmanship. Only 50 cents each, or FREE with a six months' subscription at \$1.00—\$1.25 after December 1. Specify whether you wish design (a), (b) or (c).



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All kinds of safety razors are flooding the market, but here is one as good as the best, only \$1 each, or FREE with a year's subscription at \$2; \$2.50 after December 1. These are the well-known Reliance Safety Razors, highly finished, nickel plated, put up in an attractive leatherette box, with one double-edge blade. A Christmas necessity.



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25 cents, or FREE with a three months' subscription at 50 cents. Or you may have a larger size, very fine appearance, highly nickel plated covers, ebonized frame, two plates, 24 holes and 12 accurately tuned reeds for 50 cents, or FREE with a six months' subscription to THE FLAPPER Magazine at \$1; \$1.25 after December 1. A genuine bargain.

Naturopaths Convene

(Continued from page 190)

same condition as it was during the last years of his life. We paid our respects also to the Masonic Temple where Washington presided as master of the lodge for several years.

The hall is a most interesting museum filled with mementoes and curiosities. The walls are covered with pictures, documents and a multitude of things which in one way or another were connected with the eventful life of the great warrior and patriot. The caretaker explained the history and meaning of the various curios and related a number of interesting anecdotes and incidents connected with them. Among other things he told us that the general was actually bled to death by doctors attending him in his last illness. He dwelt upon this with considerable detail. We had not expected to hear a lecture on medical malpractice on such an occasion. In those days bleeding patients to death was one of the highly scientific and most popular practices of the orthodox school of medicine just as as vaccination is today.

Where the Bodies of the Brave Are Laid to Rest

From the Masonic Temple in Alexandria we proceeded to the National Cemetery at Arlington, the national resting place for over forty thousand soldiers, officers and great generals who sacrificed their lives in the various wars of our country. The grounds are the most beautiful imaginable for such a purpose. The amphitheatre built in the open air Coliseum style of architecture is a marvellously beautiful structure designed for public assemblies and for services for the dead. At its entrance lies buried the unknown soldier. Endless rows of plain little tombstones mark the graves of the common soldiers in geometrical array as they stood in the ranks on parade. Here and there a larger monument designates the resting place of a subaltern or of officers of higher rank marching at the head of their column in death as they did in life. From the heights of this marvelous cemetery one enjoys a beautiful view of the capital city.

At Mount Vernon we were most cordially received by the superintendent of the estate and were shown all the various buildings of this beautiful country home which gradually have been turned into museums containing interesting mementoes of the father of his country and his family. The various livingrooms and bedrooms occupied at one time by the general, his wife, General Lafayette and Miss Eustice, the adopted daughter, are all in the same condition, containing the same furniture, utensils, bedding and musical instruments as they were left by their former inhabitants.

Later we visited the tomb of the general and his wife, which is a simple structure erected in accordance with his own designs. The manager of the estate opened for us the tomb, a favor granted only on rare occasions. The delegation deposited wreaths of laurel and flowers on the sarcophagus of the noble dead. Dr. Riley gave a beautiful prayer and address, and Dr. Warsaw, the sweet singer of the convention, solemnized the occasion withone of his songs.

Off to Philadelphia With Dr. Benedict Lust

Monday afternoon, Dr. Benedict Lust and myself sped toward Philadelphia. Friends of the doctor in that city had arranged for a public meeting to celebrate the opening of the first Naturopathic College in the Quaker City. I had the privilege to participate in the proceedings and to deliver a lecture to the gathering of friends and followers of Natural Therapeutics.

Dr. C. Coy Honsaker and other friends of Nature Cure had made arrangements for my lecture on Tuesday evening in the Gold Room of the Hotel Adelphia. The home office had notified our patients, buyers of Nature Cure books, and other friends and followers of Nature Cure in Philadelphia and surrounding suburbs, numbering over four hundred, of the impending meeting and lecture. Unfortunately our secretary, believing that the name Adelphia was an error on the part of the telegraph operator had the announcements read "Hotel Philadelphia." As a result of this misunderstanding most of the friends notified, not being able to locate a hotel Philadelphia, did not know where to go. Some guessed the nature of the error and others called up Hotel Adelphia and received the correct information. In spite of misdirection, over three hundred enthusiastic friends and followers of the Nature Cure movement attended the gathering.

Questions and answers kept the speaker busy until nearly midnight. Many old acquaintances were renewed and new ones introduced. The drugless healing profession was well represented.

Drugless Schools Merge Organizations

During the convention it developed that many Chiropractic delegates and visitors were up in arms against the tyrannical procedures of the "fountain head" of the movement. It seems that the leaders of this branch of the drugless profession are becoming more narrow, prejudiced and selfish in their tactics than our common adversary, the A. M. A. They are absolutely opposed to any Chiropractor who dares to practice any methods of healing aside from the Chiropractic thrust, they are doing all in their power to procure legislation which will expel the mixers from the Chiropractic fold and disqualify them from practicing the art of healing. This is the most unjust, selfish and high-handed procedure ever attempted by

any school of healing. The former persecuted, as soon as established in power, become the most fanatical of persecutors—a phenomenon in evidence innumerable times in the history of religious and political bodies.

The representatives of several Chiropractic schools who resent this tyrannical interference with their personal opinions and individual rights joined with the Naturopathic schools in establishing a national association which will defend to the utmost the liberties and rights of drugless practitioners. The despotic tactics of the "fountain head" of Chiropractic cannot and will not succeed for obvious reasons. The graduates of these one-idea schools are hypnotized with the belief that mechanical adjustment of the spine is all-sufficient to cure all disease. After a few years in the field, up against the real thing in the treatment of acute and chronic diseases, they become disillusioned and awaken to the fact that many other ways and means are necessary to do justice to their patients and to satisfy their own conscience. They then become mixers, openly or secretly, whether the self-constituted, autocrat of Chiropractic approves or not. We must give the A. M. A. credit for being much more liberal than that, because after their students have received their diploma and license, they allow them to practice what they please.

The five schools who formed the charter members of this national naturopathic association were the American Naturopathic College of New York City, Lindlahr College of Natural Therapeutics of Chicago, Riley Chiropractic College of Washington, D. C.; Mecca College of Chiropractic of Newark, New Jersey, and the Natural Health School of Chicago.

The New Crusade for Liberty

Plans were laid immediately for the arrangement of an efficient propaganda in behalf of the new crusade for liberty of conscience and fair play. Active work is already proceeding, and its effect will soon be felt in all states where the privileges and functions of medical boards of examiners are under discussion. This extraordinary procedure on the part of the present leaders of the Chiropractic profession will arouse the opposition and ire of all fair-minded Chiropractic physicians in the United States who believe in something more in the way of natural healing methods than spinal adjustment. It will drive them into the ranks of the Naturopaths and will eventually make this the most powerful organization for the promotion of drugless healing methods in this country.

It was unanimously decided by the delegates to hold the next convention in Chicago under the auspices of the local branch of the American Naturopathic Association and of the Lindlahr College of Natural Therapeutics. We shall endeavor to emulate the splendid example of Dr. and Mrs. Riley to make the Chicago Convention the greatest and most successful of all in the history of the association.



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EDITORIAL

(Continued from page 199)

blood by the fermentation of too much starchy food and faulty digestive organs.

BLOT OUT THE BAD, BRING OUT THE GOOD.

You ask Dr. Lindlahr, Dr. Lust, Dr. Katzoff and other eminent physicians who know Nature, and they will corroborate my statements in regard to the causes and cure of the diseases I have mentioned. Again, criminals are made by our system of society, which is nothing but an unholy scramble for individual gain. Orthodox education teaches the struggle for existence for self, and is just the right sort to develop any latent hereditary criminal tendencies. When we have a true system of society; when the interest of all becomes the interest of each, and

"When the war drum throbs no longer,

And the battle flags are furled
In Parliament of Man,
The Federation of the World."

Then, my friends, we shall be able to have a true education that will obliterate selfishness and crime in our children, and stimulate their natural love of the healthy, the strong and the beautiful.

Among the Grapplers

(Continued from page 192)

The second bout went somewhat unexpectedly to Taffin. He secured a powerful body lock with his legs, and Tom, whose head was on the floor, bridged, but his shoulders grazed the mat at 6 minutes 30 seconds.

The third bout was won by Rolewicz in 24 minutes. The wrestling was extremely lively. Taffin put up with some terrible toe holds, and again and again he broke them. But finally there came one that he could not break, and reluctantly he had to call a halt.

This was a fine contest, and did a lot to make the mat game popular in Cicero.

Zbyszko Makes Binckley Quit

Stan Zbyszko, former World's Heavyweight Champion, scored a victory over Cliff Binckley, former Ohio University football star, on November 1 in Boston. Binckley won the first fall in 26 minutes 25 seconds, and Stan won the second in 11 minutes 50 seconds. But after 4 minutes wrestling in the third bout the referee stopped the contest and awarded Zbyszko the decision. Stan had thrown Binckley on his head and the latter was unable to continue.

Whatever anybody says about old Stan, he is a wonderful man. He has kept going at the game longer than anybody now active in it, and he has

had some of the severest grapples that have ever taken place.

Stetcher Throws Charley Cutler

Joe Stetcher, of Nebraska, who in his turn held the world's championship, won two straight falls from Charley Cutler, of Montreal. The first fall was gained by a three-quarter nelson and body scissors after 57 minutes 30 seconds wrestling. The second was won in 13 minutes by means of an arm lock and scissors.

Lou Talabar is well after Johnny Meyers. He has challenged him to a match in public with a \$3,000 side bet on the result.

Sergeant Swimmer's go with Bernard Bernard, the Featherweight Champion, gave a surprise to many. Swimmer showed himself to be a clever mat artist, and their return bout at the Chicago South Side Armory on December 9 will cause a great deal of interest.

Moran, the lightweight champion of Illinois, is out after Bernard's blood. Moran is one of the best wrestlers around the middle west, and he will extend the featherweight champion, should they meet. Bernard is keeping fit at the Illinois Athletic Club in case of emergencies.

Johnny Meyers successfully defended his title against Heinie Engel on November 9th in Chicago, by winning a 12-round contest on points. Johnny had practiced a "stopper" hold—a lock on the legs similar to the arm lock—but he was not allowed to use it. He forgot himself on two occasions, but was prevented by the referee from carrying it through.

Joe Stetcher beat Paul Martensen in Chicago on November 10th with a body scissors after two minutes in the fifth round of a six-round contest. Special photos were taken for HEALTH AND LIFE, which will appear next month.

The Free Expression of Love in Marriage

(Continued from page 191)

feeling is the outcome of earlier teaching or lack of teaching, and it must be combated by considering the wickedness of bringing into the world a child which has not its full rights, because of the children already borne by the mother, or because of her lack of health and fitness.

Again, the part that the sexual plays in love has not been acknowledged, and the part that the male has to play is not understood by women without a biological education. The result is that women get a perverted view of their husbands, and think them brutal, whereas they may be just impelled by the noblest instincts within them. It

is the natural place for the husband to woo and seek unity with his loved one; and, if she loves him, it is her natural place to respond.

Begetting Super-Children.

Only by such free expression of conduct in marriage is true happiness continued throughout life. Let us be honest and see that the great life force which leads a strong and healthy man to a beautiful woman, is the cause of all progress and evolution. To prevent it is the worst human crime; to allow it free expression in marriage is the highest inspiration of that condition.

Love is the striving for the perpetuation of the human race. Its maintenance is only possible where it is allowed to be requited. Without love, all that is beautiful and worth while in the world would cease to be. Without love between husband and wife, beauty and happiness cease to be. Therefore, to maintain the free expression of love in marriage is to ensure that only beautiful and healthy children come into the world, and they will be super-children because they are the outcome of the highest force in the universe.

Isadora Duncan's Dancing Secrets

(Continued from page 185)

In many a secret place:
Where rivulets dance their wayward round,
And beauty born of murmuring sound,
Shall pass into her face."

"Beauty born of murmuring sound." When one thinks as I did of the sounds which surround less fortunate Isadoras, one cannot wonder at the ugliness which is born thereby. Too often the only sounds heard by children are those of heavy traffic, of harsh voices, of discordant noises. But even so, the child tries to express what he hears in motion. Go to a poor quarter of any city in any country, and watch the little Isadoras dancing to the "music" of a hurdy-gurdy or stepping to the beat of a drum or the rattle of a tambourine. These children are losing their birth-right—the right of every child to hear sweet sounds, sweet voices, soft notes; the music of the trees swaying in the wind, of the birds singing in the branches; of the brook dancing merrily through the green meadow; the music of his mother's voice and the deep vibration of his father's.

And, together with all the sounds of Nature, every child should hear great musicians and dance to the sounds they create, so that the sweetness of "Lohengrin" can enter their souls. They must be allowed to express themselves in words, in sounds, in gesticulation, in dancing, in colors, in every medium, freely and boldly. By so doing children will begin life with a bigger asset than any bank-roll—they will have worthy means of expression and worthy souls to express.

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It is impossible to conceive of the value of the book; it must undoubtedly be read to be appreciated, and it is obviously impossible to give here a complete summary of its contents. The knowledge is not obtainable elsewhere; there is a conspiracy of silence on the essential matters concerning sex conduct, and the object of the author has been to break the barriers of convention



in this respect, recognizing as he does that no marriage can be a truly happy one unless both partners are free to express the deepest feelings they have for each other without degrading themselves or bringing into the world undesired children.

The author is an idealist who recognizes the sacredness of the sex function and the right of children to be loved and desired before they are born. Very, very few of us can say truly that we were the outcome of the conscious desire of our parents to beget us. They, however, were not to blame because they had not the knowledge which would have enabled them to control conception.

Let us, then, see that our own marriage conduct brings us happiness and enjoyment in itself and for our children.

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